

Falls Church Recreation & Parks



Fall 2014

Registration Dates:

Residents: August 18; Non-Residents: August 25

Register Online at www.fallschurchva.gov/recreation

Farmers' Market



photo by Gary Mester

OPEN YEAR ROUND!

Saturdays in City Hall Parking Lot,
300 Park Avenue

April 5-December 27, 2014, 8am-Noon

(no market December 24th)

January 3-March 28, 2015, 9am-Noon

Enjoy fresh fruit, vegetables, flowers and more!

Sunset Cinema

Friday evenings, August 15, 22, and 29
8:15pm or dusk at Cherry Hill Park

Not just one, but three evenings full of free fun for the entire family! Bring a blanket and bug spray and spend the evening watching a movie on our large outdoor screen. Popcorn, candy and drinks will be available for purchase.

Aug 15: Lego Movie

Aug 22: Voters Choice*

Aug 29: Frozen

*Vote online at
www.fallschurchva.gov/polls



39th Annual Taste of Falls Church at the Fall Festival



photos by Gary Mester

Saturday, September 13, 10am-4pm
Cherry Hill Park, 312 Park Avenue

Enjoy a day full of live entertainment, children's activities, amusement rides and more. Be sure to bring an appetite as local restaurants will be sampling their unique cuisine! Come and visit the many local civic organizations, businesses, artists and craft vendors that will be present.

21st Annual Farm Day

Saturday, October 11, 10am-3pm
Cherry Hill Park, 312 Park Avenue

Enjoy hayrides, pony rides, a petting farm, scarecrow making, pumpkin painting, blacksmithing and more. For scarecrows please bring a long sleeved shirt, long pants and an old pair of pantyhose. For more information call 703-248-5171.



Halloween Carnival

Saturday, October 25, 6-7pm Infants to 2nd Graders,
7:30-8:30pm 3rd to 5th Graders

Falls Church Community Center,
223 Little Falls Street

Tons of candy, games,
face painting, a live creepy
creature show and more!
Fun for the entire family!



Veterans Day Ceremony

Tuesday, November 11, 11am
Falls Church Veterans Memorial
223 Little Falls St.



Event Sponsorships Available!

The City of Falls Church has many sponsorship opportunities for its special events. To learn more about how you or your business can sponsor a City special event, please contact the Recreation & Parks Dept at 703-248-5027 or recreation@fallschurchva.gov.

Community Center Hours of Operation

Monday-Thursday: 8am-10pm
Friday: 8am-11pm
Saturday: 8:30am-11pm
Sunday: 2-6pm (April-December)
12-6pm (January-March)

Community Center Holiday Schedule

The building will be closed for Labor Day, August 31 & September 1 and Thanksgiving Day, November 27.

Hobby Class Holiday Schedule

No camps or classes are held on the following days unless otherwise noted: October 13, November 11, 27-29, and December 5-7.

Teen Gym Time

Ages 13-19 only: Friday and Saturday, 7pm-11pm

Adult Gym Time

Ages 19 and over only: Monday, 8-11pm.
Subject to gym availability.

Phone Numbers

Recreation & Parks Department Office.....703-248-5077
Falls Church Community Center.....703-248-5027
Falls Church Senior Center.....703-248-5020
Teen Center Office703-248-5307
Cherry Hill Farmhouse.....703-248-5171
Fax703-536-8150
Open Gym.....703-248-5077

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Recreation & Parks Staff

Daniel J. Schlitt, Director
Debbie Woodbury, Hobby Class Coordinator, Senior Program Supervisor
Amy Maltese, Special Events, Senior Program Supervisor
Chris Madison, Sports Coordinator, Program Supervisor
Ashley Green, Teen and Camp Coordinator, Program Supervisor
Tracy Browand, Senior Center Coordinator, Recreation Specialist
Ashley Williams, Senior Administrative Assistant
Lisa Reid, Administrative Assistant
Howard Herman, Farmers' Market Manager
Rachel Crichton, Cherry Hill Farmhouse Coordinator, Recreation Specialist
Mike Noyes, Crew Leader, Parks and Landscape Maintenance
Juan Salguero, Building Maintenance Worker
Sonny Sikhhattana, Building Maintenance Worker
William Kargbo, Building Maintenance Worker
Greg Mosley, Landscape Maintenance Worker
Raul Chafloque, Building Maintenance Worker
Tim Xhepa, Landscape Maintenance Worker

Recreation and Parks Advisory Board

Kathryn Chandler, Chair
Steve Selby, Vice Chair
Robert Meeks, Planning Commission Representative
Lawrence Webb, School Board Representative
Charles O'Hara
Lori Lafave
Leslie Rye



Cherry Hill Farmhouse



Cherry Hill Farmhouse

312 Park Avenue

703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts special events and is available for rent for special occasions.

Cherry Hill Farmhouse was completed in 1845. The well-preserved house is an excellent example of a Greek Revival Style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus primarily on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold the produce he grew on the premises at the Centre Market in Washington, D.C. Mr. Blaisdell successfully managed the farm through the Civil War. The City of Falls Church now owns and operates the Cherry Hill Farmhouse Museum, and its remaining property, known today as Cherry Hill Park. The household furnishings and antique tool collection in the Barn are owned by the Friends of Cherry Hill.

Today, reenactments, concerts, readings, lectures, workshops, teas, and private events take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops, and school children by calling 703-248-5171. The house is open to the public Monday through Friday between the hours of 9am and 3pm. April through October the house is also open on Saturdays from 10am-1pm. We strongly encourage all visitors to call ahead to ensure tour availability, 703-248-5171.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated gathering. For larger parties, the outside grounds can be used and a tent is recommended. Reservations may be made through the Recreation and Parks Department at 703-248-5027. For more information on any scheduled events, rental information, and availability of the Cherry Hill Farmhouse, please call Rachel Crichton at 703-248-5171.

FALL 2014 EVENTS AT CHERRY HILL FARMHOUSE

"Fall into Falls Church" Historic Tour

Five of the City of Falls Church's most historic properties, including three private residences, will be open for tour including The Falls Church Episcopal (1769), Cherry Hill Farmhouse (1845), Mount Hope (1830/1870), the DePutron House (1893), and the Henderson House (1910). Costumed docents will be at each house to provide historical information about the house, its history, and the people who lived there. Guided tours of The Falls Church will be held at 9:30, 10:15, 11:00, 12:30 and 1:15. This is a unique opportunity to see these historic properties and learn more about the unique history of Falls Church as well as help preservation efforts.

Reservations are recommended.

Date: Sat: 9/20

Time: 9am – 2pm

Fee: \$25

Location: Cherry Hill Farmhouse

Call 703-248-5171 for more information.



Farm Day

Enjoy a day of old fashioned fun and activities for the whole family, including: horse drawn hayrides, petting farm, pony rides, pumpkin painting, scare crow making (bring your own long pants and a sleeved shirt), live music, tours of the farmhouse and barn, blacksmith demonstrations, beekeeping, and food. Free admission, fee for some activities.

Date: Sat: 10/11

Time: 10am – 3pm

Location: Cherry Hill Farmhouse & Park

Call 703-248-5171 for more information.

The Ghosts of Ambrose Bierce

What better way to kick off Halloween than with an evening of old-fashioned ghost stories. Join us as Victorian Society at Falls Church re-enactors bring to life ghost stories from the great American writer, Ambrose Bierce. **Reservations Recommended.**

Date: Fri: 10/24

Time: 8pm – 10pm

Fee: \$6

Location: Cherry Hill Farmhouse

Call 703-248-5171 for more information and reservations.



Witch's Brew Tea

Celebrate Halloween at Cherry Hill! Bring a friend and enjoy a festive talk and tea at the historic Farmhouse. Victorian presenter Linda Lau will display select antique trinkets from her private collection and discuss Halloween celebrations and traditions, old and new, during the Victorian era. Afterward, all guests will retire to the lovely dining room for a full tea of sandwiches, assorted sweets, warm scones, and a bottomless cup of tea. **Reservations are required.**

Date: Sun: 10/26 **Time:** 1pm – 3pm
Fee: \$35

Location: Cherry Hill Farmhouse
Call **703-248-5171** for more information and reservations.

Genealogy Talk & Tea

Curious about your family history or trying to assemble a family tree? If so, come to Cherry Hill for this talk and tea. Ms. Deane Dierksen will discuss how to investigate your own ancestry and begin assembling a family tree. Afterward, all guests will retire to the lovely dining room for a full tea of sandwiches, assorted sweets, warm scones, and a bottomless cup of tea. **Reservations are required.**

Date: Sun: 11/16 **Time:** 1pm – 3pm
Fee: \$35

Location: Cherry Hill Farmhouse
Call **703-248-5171** for more information and reservations.

Civil War Christmas

Start your Christmas season off with a visit to Cherry Hill Farmhouse to see how Christmas was celebrated during the Civil War. Costumed re-enactors welcome friends, neighbors, and soldiers who gather for some holiday cheer in the midst of the conflict. Period decorations, music and Christmas carols, literary readings and poetry, and children's activities are all part of the festivities. Free admission.

Date: Sat: 11/29 **Time:** 10am – 2pm
Location: Cherry Hill Farmhouse
Call **703-248-5171** for more information.

Children's Holiday Shoppe

Volunteers will help children purchase and wrap inexpensive holiday gifts for friends and family. All gifts are \$6 or less.

Date: Sat: 12/6 **Time:** 10am – 2pm
Location: Cherry Hill Farmhouse
Call **703-248-5171** for more information.



Holiday Tea

Enjoy a special holiday tea and talk at the historic farmhouse. The house will be decorated in mid-19th century period décor and will include a tree. The talk will be presented by the 1858 mistress of Cherry Hill. As always the tea consists of tea sandwiches, assorted sweets, warm scones and a bottomless cup of tea.

Reservations are required.

Date: Sat: 12/13 or Sun: 12/14
Time: 2pm – 4pm
Fee: \$30

Location: Cherry Hill Farmhouse
Call **703-248-5171** for more information and reservations.



photo by Gary Mester

Preschool Program

Preschool, Juniors- Fall

3-4 years

Our preschool program focuses on fun and positive learning experiences for 3-5 year olds that will prepare students for future elementary school study. Students develop social, physical, and cognitive skills through interactive, hands-on experiences. Early Childhood teaching is often theme-based and always age-appropriate. Students participate in several activities daily that will promote the development of fine and gross motor skills, mathematical thinking, and literacy skills. Our qualified staff and small class ratio (16:2) makes a safe program for everyone. Our program is licensed by the State of Virginia Department of Social Services. Children must be potty-trained by the first day of the fall session. In order to register for the preschool program, children must be born within the birth dates listed. Proof of age via birth certificate and a physical and immunization report is required on the first day of the program.

Preschool, Juniors – Fall

(Birthdates: Oct. 1, 2010- Sept. 30, 2011)

Tue/Thu: 9/9-12/18* 9am-12pm
111001-D R: \$560 / NR: \$570

Location: Preschool Room

*No class dates 11/11, 11/27

Juniors – Winter/Spring

(Birthdates: Oct. 1, 2010- Sept. 30, 2011)

Tue/Thu: 1/6-5/21* 9am-12pm
211001-B R: \$770 / NR: \$780

Location: Preschool Room

*No class dates 3/31, 4/2

Please consider paying the \$100 nonrefundable deposit to hold a spot in the winter/ spring session. This deposit is required to be paid only if a spot is available at the time of initial registration. The balance fee for the second session is due early December. Priority is given to returning students.

Learn more about the Falls Church Community Center Preschool program at www.fallschurchva.gov/recreation



Preschool, Seniors– Fall

(Birthdates: Oct. 1, 2009- Sept. 30, 2010)

Mon/Wed/Fri: 9/8-12/19* 9am-12pm
111002-D R: \$790 / NR: \$800

Location: Preschool Room

*No class dates 10/13, 11/28

Preschool, Seniors– Winter/Spring

Mon/Wed/Fri: 1/5-5/22* 9am-12pm
211002-B R: \$1060 / NR: \$1070

Location: Preschool Room

*No class dates 1/19, 2/16, 3/30, 4/1, 4/3

Open House for New Students:

Orientation for all the enrolled students is on Thursday, September 4, 2014

Juniors: 10am

Seniors: 11am

Afternoon: 12noon

Pre-K Readiness: 1pm to 3pm

One Spot Available for the Fall!

Preschool, Afternoon- Fall

(Birthdates: Oct. 1, 2009- Aug. 30, 2010)

Mon/Wed/Fri: 9/8-12/19* 1-4pm
111005-D R: \$790 / NR: \$800

Location: Preschool Room

*No class dates 10/13, 11/28

Preschool, Afternoon- Winter/Spring

(Birthdates: Oct. 1, 2009- Aug. 30, 2010)

Mon/Wed/Fri: 1/5-5/22* 1-4pm
211004-B R: \$1060 / NR: \$1070

Location: Preschool Room

*No class dates 1/19, 2/16, 3/30, 4/1, 4/3

Pre-K Readiness - Fall

4-5 years

This program will offer your child the opportunity to socialize with children entering Kindergarten in September 2015. Your child will be able to enhance and strengthen his or her independent learning abilities in a productive and positive classroom environment. Over and above the preschool program guidelines, your child will also have a chance to participate in activities that revolve around seasonal themes accentuated to encourage cognitive thinking and creative skills. This class will also initiate beginning writing, reading and conversational skills. Children must be potty trained. Proof of age via a birth certificate and your child's physical and immunization report, will be required on the first day of the program. You are encouraged to enroll your child for both sessions.

Fall Session

(Birthdates: Oct. 1, 2009- Sept. 30, 2010)

Tue/Thu: 9/9-12/18* 1-4pm
111003-D R: \$560 / NR: \$570

Location: Preschool Room

*No class dates 11/11, 11/27

Winter/Spring Session

(Birthdates: Oct. 1, 2009- Sept. 30, 2010)

Tue/Thu: 1/6-5/21* 1-4pm
211003-B R: \$770 / NR: \$780

Location: Preschool Room

*No class dates 3/31, 4/2

One Spot Available for Winter/Spring!

NEW! Babysitter Lessons and Safety 12-16 years

BLAST! (Babysitter Lessons and Safety Training-American Academy of Pediatrics), is an important training program for potential babysitters and parents considering hiring a babysitter. The BLAST! program is exciting and interactive, providing extensive training in pediatric first aid, household safety, and the fundamentals of childcare. Features of the program include: current practices for safety and injury prevention while babysitting and First Aid basics for emergency response. The BLAST! program can prepare children to interview for a babysitting job, select safe and suitable games and activities, prevent accidents, perform first aid, and begin babysitting safely and competently. Students must attend entire session to receive completion card. Bring a bag lunch and a doll

Sat: 9/27 **9:30am-2:30pm**
141002-A R: \$80 / NR: \$90
Sat: 11/15 **9:30am-2:30pm**
141002-B R: \$80 / NR: \$90
Instructor: Linda Lowry
Location: Teen Center

Early Childhood Parenting Workshop 18 & up

Bring your burning issues! This workshop centers around YOUR child's issues (i.e. whining, power and food struggles, misbehaviors, self-esteem, discipline, emotional and social development, sibling rivalry, etc). This workshop is informative, insightful, practical, and supportive. This is also a forum where parents will share their concerns and questions and also their own parenting knowledge with each other. **Maddy505@aol.com**

Thu: 9/25 **7-8:30pm**
151003-A R: \$20 / NR: \$25
Thu: 10/23 **7-8:30pm**
151003-B R: \$20 / NR: \$25
Instructor: Maddy O'Neill-Dean, MSW
Location: Preschool Room



PET EDUCATION

NEW! Beg. Basic Stepping Stones 16 & up

In this 6-week dog training class, you will be teaching your dog new manners while having a lot of fun and learning how to better communicate with your dog. Using positive methods, you will learn how to teach your dog to respond to you more quickly while building a lasting relationship with your dog. Teach your dog sit, down, come, and how to focus on you instead of the environment and even how to greet people politely and a few other tricks for fun. The first class is a mini-orientation without your dog. We'll go over everything you need to know to succeed in class and also give homework so you can get started training right away. This class is for dogs of all ages, even puppies!

Mon: 9/15-10/27* **7-7:45pm**
150722-A R: \$210 / NR: \$220

Instructor: All About Dogs

Location: Art Room

*No class dates 10/13

NEW! Int. Basic Stepping Stones 16 & up

In this 6-week dog training class, you will be teaching your dog new manners while having a lot of fun and learning how to better communicate with your dog. Using positive methods, you will learn how to teach your dog to respond to you more quickly while building a lasting relationship with your dog. We'll practice walking nicely on a leash, greeting people politely, coming when called, stay, and other skills all family dogs should know. This class is for dogs of all ages, even puppies, who have successfully completed a basic skills dog-training course.

Mon: 9/15-10/27* **8-8:45pm**
150721-A R: \$210 / NR: \$220

*No class dates 10/13

Instructor: All About Dogs

Location: Art Room

COMPUTER EDUCATION

Computer Maintenance

18 & up

Students will learn how to keep their computers running smoothly by learning to use system tools, utility programs, firewalls, and virus protection. They will also learn how to handle a computer crash, decipher error messages, delete files, cookies and unwanted programs and keep their computers updated automatically. In addition, computer hardware maintenance will be discussed, along with proper surge protection and wireless network protection and MUCH MORE!

Thu: 10/16 **12-2pm**
150136-A R: \$69 / NR: \$79

Thu: 10/23 **12-2pm**
150136-B R: \$69 / NR: \$79

Instructor: Andy Livingston

Location: Community Room



Do More Online! 18 & up

Want to click instead of drive? In this highly beneficial and interactive class, learn how to get started with online banking and learn how to Google, YouTube & E-book better. Store Medical records & seek health info, learn the in/outs of shopping on Amazon.com, research family history, learn how to communicate with far away friends and family members with Skype or Apple's FaceTime. Bring your own equipment to class to get up and running!

Wed: 11/5 **10am-12pm**
150138-A R: \$69 / NR: \$79

Wed: 11/12 **10am-12pm**
150138-B R: \$69 / NR: \$79

Instructor: Andy Livingston

Location: Art Room

Technology & Chess

Jr. Chemical Engineering

4-5 years

During the Chemical Engineering classes, students use the Engineering Design Process to design, create, test, and refine various mixtures and solutions with different chemical properties. They develop solutions to clean up an oil spill, synthesize their own rocket fuel, and investigate the secrets behind color pigmentation.

Tue: 9/16-10/21 1-2pm

120714-A R: \$125 / NR: \$135

Instructor: Patty MacDonald-Potts

Location: Art Room

Jr. Civil Engineering

4-5 years

The class for the Junior Civil Engineering program is designed to introduce students to the job of a civil engineer, the field of civil engineering, and basic concepts of engineering as it relates to building and construction. Through open exploration and focused exploration, students will design and construct their own skyscrapers, bridges, and houses.

Wed: 9/17-10/22 1-2pm

110708-A R: \$125 / NR: \$135

Instructor: Patty MacDonald-Potts

Location: Art Room

Jr. Marine Engineering

4-5 years

What causes something to sink or float? How can engineers help explore and protect the ocean below? These questions and more are all explored in Junior Marine. In this class, students explore the concepts of marine engineering and mechanics, harnessing the power of water, and discovering designs that help us make the impossible, possible.

Wed: 10/29-12/10* 1-2pm

110715-A R: \$125 / NR: \$135

Instructor: Patty MacDonald-Potts

Location: Art Room

*No class dates 11/26

Lego Robotics Sports

6-10 years

Powered by the LEGO® Education Wedo Base Set and Software, our Jr. Lego Robotics class combines the exciting world of Lego with programming to manipulate and program your own personal robots. This class is tailored to younger children who want to learn the basics of visual programming. Students create commands for their robots to follow by using an application with a drag-and-drop interface that is visually simple to use, but capable of complex instructions. Students learn the importance of teamwork by working together with a partner in order to accomplish the build assignment for the day.

Tue: 9/16-10/21 6:15-7:15pm

120713-A R: \$149 / NR: \$159

Instructor: C3 Cyber Club

Location: Art Room

Jr. Video Game Design

6-10 years

Now available for grades 1st-3rd, this special class is specifically designed for young children to cultivate their interest to become game designers, multimedia artist, engineers, programmers and more! Give your child the opportunity to see how professional games are made. Learn cutting edge computer skills through the fun art of 3D Game Design using award winning Platinum Arts Sandbox.

Tue: 10/28-12/16* 6:15-7:15pm

120717-A R: \$149 / NR: \$159

Instructor: C3 Cyber Club

Location: Art Room

*No class dates 11/4, 11/11



Chemical Engineering

6-11 years

During the Chemical Engineering classes, students use the Engineering Design Process to design, create, test, and refine various mixtures and solutions with different chemical properties. They develop solutions to clean up an oil spill, synthesize their own rocket fuel, and investigate the secrets behind color pigmentation.

Thu: 9/18-10/23 4-5pm

130715-A R: \$125 / NR: \$135

Instructor: Patty MacDonald-Potts

Location: Art Room

Mechanical Toys 6-11 years

The curriculum for the Mechanical Engineering: Toys Unit is designed to introduce our students to the field of mechanical engineering through the investigation and design of an assortment of toys. Students will learn about various principles of motion as they construct each of the following toys during the course of the unit: Popper, Spinner, Boomerang Can, Wind-Up Whirligig, Buzzer, and the Good Vibrations Guitar.

Mon: 10/27-12/8 4-5pm

130716-A R: \$125 / NR: \$135

Instructor: Patty MacDonald-Potts

Location: Art Room

Chess 5-12 years

Learn how to play chess from our highly-rated professional chess instructors! Class time is evenly split between lesson and play. Lessons range from learning the rules to advanced tournament strategies. Play time is structured to pair each student against an opponent of similar skill. Visit www.silverknightschess.com for more information.

Tue: 10/14-12/9* 5:30-6:30pm

130702-A R: \$96 / NR: \$106

Instructor: Silver Knights Chess

Location: Community Room

*No class dates 11/11



Technology Classes

Jr. Minecraft Programming 7-9 years

Using a custom mod called "Computercraft", students will learn how to program robots called "Turtles" inside the world of Minecraft. Kids will utilize problem-solving skills by learning how to program their robots to complete various tasks and objectives such as programming their turtles to automatically build, mine, and craft items and structures. Programs created in class can be easily saved to a small flash drive, installed, and edited at home. Looking for a fun way to introduce your child to programming? Why not do it using a game they love! Note: Basic reading skills required. Experience playing Minecraft preferred, but not required. Please email us for details.

Sat: 9/20-10/25 9-10am
120712-A R: \$149 / NR: \$159

Sat: 11/1-12/20* 9-10am
120712-B R: \$149 / NR: \$159

Instructor: C3 Cyber Club

Location: Community Room

*No class dates 11/29, 12/6



3D Game Design

8-14 years

Immerse yourself in the exciting world of 3D game design! Create 3D games like action or adventure or invent a new one. Design your own characters, backgrounds and sounds. Campers discover 3D game-development concepts like game planning, path-based movement, collision detection, level design, dialogue, inventory and playability.

Tue: 10/28-12/16* 7:30-8:30pm
120718-A R: \$149 / NR: \$159

Instructor: C3 Cyber Club

Location: Senior Center-Left

*No class dates 11/4, 11/11

Minecraft Modding & Game Program

9-14 years

In this class, students will learn how to create and texture their own items and codes using the popular game Minecraft, while at the same time learning the basics of Java! Students will learn from pre-made templates, and how to create their own Java packages and classes. By the end of the class, students will have their own fully functional Minecraft mod package that they can use and modify at home! Do you spend hours at a time playing Minecraft? Learn how to improve your gameplay experience, and create your own custom mods today!

Sat: 9/20-10/25 10:15-11:15am
120716-A R: \$149 / NR: \$159

Sat: 11/1-12/20* 10:15-11:15am
120716-B R: \$149 / NR: \$159

Instructor: C3 Cyber Club

Location: Community Room

*No class dates 11/29, 12/6

Lego Robotics Vehicles

8-14 years

Powered by the LEGO® MINDSTORMS® Education NXT Base Set and Software, our Lego Robotics class combines the exciting world of Lego with programming to manipulate and program your own personal robot. Learn how to use the simple, but powerful software to create commands with drag and-drop visual programming. Students will work together as a small team of young engineers to build the program their designs. This class is great for children who are hands on and like working together in teams.

Tue: 9/16-10/21 7:30-8:30pm
120715-A R: \$149 / NR: \$159

Instructor: C3 Cyber Club

Location: Art Room



Please visit
[www.fallschurchva.gov/
classes](http://www.fallschurchva.gov/classes) for additional classes
not listed in the brochure.

Art Classes

Art in Hand Tots

18 months-3 years

Each week an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction with natural and found objects inspired by tot-friendly topics and the sights, sounds, and textures of the beautiful changes in nature this time of year. ART IN HAND classes provide an opportunity for little ones and their parent/caregiver to be creative, have fun, and make the mess away from home! For more information visit

www.artinhand.org

Mon: 9/15-12/1* 9:45-10:30am

110100-A R: \$204 / NR: \$214

Instructor: Art in Hand Staff

Location: Art Room

*No class dates 10/13

Twoosy Doodlers

20 months-3 years

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language, and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

Wed: 9/17-10/29 9:30-10:10am

110101-A R: \$95 / NR: \$105

Wed: 9/17-10/29 10:30-11:10am

110101-B R: \$95 / NR: \$105

Sat: 9/20-10/25 10:15-10:55am

110101-C R: \$95 / NR: \$105

Wed: 11/12-12/10 9:30-10:10am

110101-D R: \$80 / NR: \$90

Wed: 11/12-12/10 10:30-11:10am

110101-E R: \$80 / NR: \$90

Sat: 11/8-12/13* 10:15-10:55am

110101-F R: \$64 / NR: \$74

Instructor: Abrakadoodle

Location: Art Room

*No class dates 11/29, 12/6



Art in Hand Preschoolers

2.5-6 years

Each week an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction with natural and found objects inspired by kid-friendly topics and the sights, sounds, and textures of the beautiful changes in nature this time of year. This parent/child class is perfect for sibling pairs or anyone through kindergarten age. The program's distinctive approach is designed to stimulate the senses, spark imaginations, support the development of language and emerging literacy, and promote social and problem solving skills.

www.artinhand.org

Mon: 9/15-12/1* 11-11:45am

110107-A R: \$204 / NR: \$214

Mon: 9/15-12/1* 12:45-1:30pm

110107-B R: \$204 / NR: \$214

Instructor: Art in Hand Staff

Location: Art Room

*No class dates 10/13

Mini Doodlers

3-6 years

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools, and more, the children create masterpieces that are truly unique.

Sat: 9/20-10/25 11:15am-12pm

110102-A R: \$95 / NR: \$105

Sat: 11/8-12/20* 11:15am-12pm

110102-B R: \$64 / NR: \$74

Instructor: Abrakadoodle

Location: Art Room

*No class dates 11/29, 12/6

Abrakadoodle's Gift Workshop 3-12 years

Drop off the kids for a creatively charged workshop with Abrakadoodle. While you accomplish your holiday errands the children will design a unique holiday surprise of their own, all while learning the concepts of printing, shape discovery, and the elements of dot, line and color.

Thu: 12/18 9am-12pm

130103-A R: \$40 / NR: \$50

Thu: 12/18 1-4pm

130103-B R: \$40 / NR: \$50

Thu: 12/18 4:30-7:30pm

130103-C R: \$40 / NR: \$50

Instructor: Abrakadoodle

Location: Community Room

Fun with Drawing for Pre-K 5-7 years

NEW, engaging lessons every week! Preschoolers learn drawing skills, develop kindergarten readiness and have fun in a nurturing environment. Shape and object recognition, manual dexterity, and visual-spatial planning are stepping stones to creating fun, rewarding art. We demonstrate basic drawing techniques and encourage kids to add their own creative touch. Bring out the best in your little artist!

Tue: 9/16-10/21 10-10:45am

110108-A R: \$90 / NR: \$100

Sat: 9/20-11/22* 9:30-10:15am

110108-B R: \$135 / NR: \$145

Tue: 10/28-12/16* 10-10:45am

110108-C R: \$90 / NR: \$100

Instructor: Young Rembrandts

Location: Art Room

*No class dates 10/25, 11/4, 11/11



Tot Time

Bring your preschoolers and watch them climb through tunnels, ride tricycles, and interact with peers. All equipment is provided including tricycles. No strollers or food in the gym. Times subject to change. Call **703-248-5077** (press 1, open gym hours) for an updated schedule. This program is not held when special events are in the gym or if the Community Center is closed for a holiday.

Dates: Fridays, 9/12/14-12/19

No Tot Time: 11/28, 12/5, 12/12, 12/26

Location: Gym **Time:** 10am-12noon **Fees:** \$1 per child



Abrakadoodle "Sculpt It!" 6-12 years

Learn to create 3D art using a variety of tools (wire, wood, clay, aluminum, plastic, string and paper). We will explore amazing artists or artist styles while we practice different types of sculpture. So, join us as we mold, bend, twist, stretch, balance and most importantly use our imaginations while we create interesting things that are sure to brighten someone's day.

Tue: 9/16-10/21* 4:30-5:30pm
120104-A R: \$99 / NR: \$109
Tue: 11/4-12/16* 4:30-5:30pm
120104-B R: \$83 / NR: \$93

*No class dates 11/11, 11/4

Instructor: Abrakadoodle

Location: Art Room

Kids on Canvas 6-12 years

Grab a paintbrush and jump right in for a colorful "Kids on Canvas" adventure! Use acrylic paint to explore traditional painting subjects such as the figure, landscape, and still life- with a fresh Abrakadoodle twist.

Wed: 9/17-10/22 4:30-5:30pm
120144-A R: \$99 / NR: \$109
Wed: 11/5-12/10 4:30-5:30pm
120144-B R: \$99 / NR: \$109

Instructor: Abrakadoodle

Location: Art Room



Fun with Drawing 6-12 years

NEW lessons every week! We teach drawing and art appreciation using a progressive, open-ended approach. Young artists build on basic drawing skills, experiment with line, color and form, and improve motor-spatial reasoning in a fun, creative environment. Each session includes seasonal drawings, an art history lesson, realistic and abstract images. Nurture your child's inner artist!

Tue: 9/16-10/28* 5:30-6:30pm
130104-A R: \$150 / NR: \$160
Sat: 9/20-11/22* 10:30-11:30am
130104-B R: \$135 / NR: \$145
Tue: 11/4-12/16* 5:30-6:30pm
130104-C R: \$90 / NR: \$100

Instructor: Young Rembrandts

Location: Senior Center-Left

*No class dates 10/25, 11/11

Fun with Cartooning 6-12 years

NEW, entertaining lessons every week! We introduce students to the fun of making their own cartoon images to animate characters or tell a joke. Kids learn to draw action and expressions, play with color, and express their humor and creativity. An amusing way to learn about emotional expression, social sequencing and spatial organization. Seriously silly fun!

Wed: 9/17-10/22 5:30-6:30pm
130105-A R: \$90 / NR: \$100
Sat: 9/20-11/22* 12-1pm
130105-B R: \$135 / NR: \$145
Wed: 10/29-12/3 5:30-6:30pm
130105-C R: \$90 / NR: \$100

Instructor: Young Rembrandts

Location: Community Room

*No class dates 10/25

Watercolor Painting for All 18 & up

It is easier than you think and lots of fun! Students work on lessons and exercises at their own level, so this class is recommended for beginners and experienced painters alike. Mix colors that you see using six to ten pigments and apply those colors using washes, glazes and creative brushwork. There will be a good balance between subjects of still life, landscape and more. Advanced students may work on projects of their choice. Some drawing experience is helpful but not required. Supply list at first class.

Fri: 9/26-11/21 10am-12:30pm
150115-A R: \$200 / NR: \$210

Instructor: Vivian P. Attermeyer

Location: Art Room



Amigos Play Birth to 5 years

Amigos Play is a Spanish immersion language and music program for toddlers and young children. It is ideal for families that want to expose or reinforce Spanish (regardless of language level) with their little ones in a fun way! Through music, movement (including sign language), puppets, and age-appropriate activities, you and your child will be engaged in the language as we play with colors, shapes, and learn about insects and/or wild animals. This 45-minute mixed age session requires participation by an adult. Siblings under 13 months may attend for free. Questions? Contact: amigosplay@clarocode.com.

Location: Dance-Left

Fri: 9/19-12/12* 9:15-10am
111210-A R: \$210 / NR: \$220

Location: Art Room

Sat: 9/20-11/22* 9:15-10am
111210-B R: \$170 / NR: \$180

Instructor: Flory Correa

*No class dates 11/1, 11/28, 11/29, 12/6

Music Classes

Private Piano or Voice Lessons 4 & up

Interested in developing vocal talent? Work one on one with a vocal coach or beginner to intermediate level piano. Sharon Sloane-Hornseth has a Bachelors of Fine Arts in Music, with an emphasis in vocal performance, from Carnegie-Mellon University in Pittsburgh, PA and a Master of Music Education, with a focus on vocal performance, from George Mason University. Basic voice training exercises will be used as well as classical, Broadway or contemporary music selections. Student is responsible for purchasing a music book. For additional information, please email Sharon at ahorn1@verizon.net.

Thu: 9/18-10/9	4:30-5pm
130704-A	R: \$160 / NR: \$170
Thu: 9/18-10/9	5-5:30pm
130704-A1	R: \$160 / NR: \$170
Thu: 9/18-10/9	5:30-6pm
130704-A2	R: \$160 / NR: \$170
Thu: 9/18-10/9	6-6:30pm
130704-A3	R: \$160 / NR: \$170
Thu: 9/18-10/9	6:30-7pm
130704-A4	R: \$160 / NR: \$170
Thu: 9/18-10/9	7-7:30pm
130704-A5	R: \$160 / NR: \$170
Thu: 9/18-10/9	7:30-8pm
130704-A6	R: \$160 / NR: \$170
Sat: 9/20-10/11	9-9:30am
130704-B	R: \$160 / NR: \$170
Sat: 9/20-10/11	9:30-10am
130704-B1	R: \$160 / NR: \$170
Sat: 9/20-10/11	10-10:30am
130704-B2	R: \$160 / NR: \$170
Sat: 9/20-10/11	10:30-11am
130704-B3	R: \$160 / NR: \$170
Sat: 9/20-10/11	11-11:30am
130704-B4	R: \$160 / NR: \$170
Sat: 9/20-10/11	11:30am-12pm
130704-B5	R: \$160 / NR: \$170
Thu: 10/16-11/6	4:30-5pm
130704-C	R: \$160 / NR: \$170
Thu: 10/16-11/6	5-5:30pm
130704-C1	R: \$160 / NR: \$170
Thu: 10/16-11/6	5:30-6pm
130704-C2	R: \$160 / NR: \$170
Thu: 10/16-11/6	6-6:30pm
130704-C3	R: \$160 / NR: \$170
Thu: 10/16-11/6	6:30-7pm
130704-C4	R: \$160 / NR: \$170
Thu: 10/16-11/6	7-7:30pm
130704-C5	R: \$160 / NR: \$170

Thu: 10/16-11/6	7:30-8pm
130704-C6	R: \$160 / NR: \$170
Sat: 10/18-11/8	9-9:30am
130704-D	R: \$160 / NR: \$170
Sat: 10/18-11/8	9:30-10am
130704-D1	R: \$160 / NR: \$170
Sat: 10/18-11/8	10-10:30am
130704-D2	R: \$160 / NR: \$170
Sat: 10/18-11/8	10:30-11am
130704-D3	R: \$160 / NR: \$170
Sat: 10/18-11/8	11-11:30am
130704-D4	R: \$160 / NR: \$170
Sat: 10/18-11/8	11:30am-12pm
130704-D5	R: \$160 / NR: \$170
Thu: 11/13-12/11*	4:30-5pm
130704-E	R: \$160 / NR: \$170
Thu: 11/13-12/11*	5-5:30pm
130704-E1	R: \$160 / NR: \$170
Thu: 11/13-12/11*	5:30-6pm
130704-E2	R: \$160 / NR: \$170
Thu: 11/13-12/11*	6-6:30pm
130704-E3	R: \$160 / NR: \$170
Thu: 11/13-12/11*	6:30-7pm
130704-E4	R: \$160 / NR: \$170
Thu: 11/13-12/11*	7-7:30pm
130704-E5	R: \$160 / NR: \$170
Thu: 11/13-12/11*	7:30-8pm
130704-E6	R: \$160 / NR: \$170
Sat: 11/15-12/13*	9-9:30am
130704-F	R: \$160 / NR: \$170
Sat: 11/15-12/13*	9:30-10am
130704-F1	R: \$160 / NR: \$170
Sat: 11/15-12/13*	10-10:30am
130704-F2	R: \$160 / NR: \$170
Sat: 11/15-12/13*	10:30-11am
130704-F3	R: \$160 / NR: \$170

Sat: 11/15-12/13*	11-11:30am
130704-F4	R: \$160 / NR: \$170
Sat: 11/15-12/13*	11:30am-12pm
130704-F5	R: \$160 / NR: \$170
Thu: 1/8-1/29	4:30-5pm
130704-G	R: \$160 / NR: \$170
Thu: 1/8-1/29	5-5:30pm
130704-G1	R: \$160 / NR: \$170
Thu: 1/8-1/29	5:30-6pm
130704-G2	R: \$160 / NR: \$170
Thu: 1/8-1/29	6-6:30pm
130704-G3	R: \$160 / NR: \$170
Thu: 1/8-1/29	6:30-7pm
130704-G4	R: \$160 / NR: \$170
Thu: 1/8-1/29	7-7:30pm
130704-G5	R: \$160 / NR: \$170
Thu: 1/8-1/29	7:30-8pm
130704-G6	R: \$160 / NR: \$170
Sat: 1/3-1/24	9-9:30am
130704-H	R: \$160 / NR: \$170
Sat: 1/3-1/24	9:30-10am
130704-H1	R: \$160 / NR: \$170
Sat: 1/3-1/24	10-10:30am
130704-H2	R: \$160 / NR: \$170
Sat: 1/3-1/24	10:30-11am
130704-H3	R: \$160 / NR: \$170
Sat: 1/3-1/24	11-11:30am
130704-H4	R: \$160 / NR: \$170
Sat: 1/3-1/24	11:30am-12pm
130704-H5	R: \$160 / NR: \$170

Instructor: Dream In Color

Location: Preschool Room

*No class dates 11/27, 11/28, 11/24, 11/30, 12/1, 12/7

FREE
Demonstration Classes
(for new families):
Sept. 9 & 10 at 10am
No registration required.

Music Together Birth to 4 years

Music Together is a community of families sharing songs, instrument play, movement, and dance activities in a relaxed setting. Classes build on your young child's natural enthusiasm for music and movement. All classes made up of family-style classes of mixed ages. Babies 9 months and younger attend FREE with a registered sibling. \$40 discount for siblings. Tuition includes 2 CDs and Songbook of the semester's music and our "Music Together at Home" Booklet and DVD. For further information and to watch our Music Together video go to www.MusicWithMaddy.com

Mon: 9/15-11/3	9:15-10am
110608-A	R: \$180 / NR: \$190
Mon: 9/15-11/3	10:15-11am
110608-B	R: \$180 / NR: \$190
Tue: 9/16-11/4	9:15-10am
110608-C	R: \$180 / NR: \$190
Tue: 9/16-11/4	10:15-11am
110608-D	R: \$180 / NR: \$190

Wed: 9/17-11/5	9:15-10am
110608-E	R: \$180 / NR: \$190
Wed: 9/17-11/5	10:15-11am
110608-F	R: \$180 / NR: \$190
Wed: 9/17-11/5	11:15am-12pm
110608-G	R: \$180 / NR: \$190
Instructor:	Maddy O'Neill-Dean
Location:	Community Room

Theater & Cooking Classes

THEATER CLASSES

Little Puppeteers 3-5 years

Bring your child to this creative hands on workshop. Students will explore the world of puppetry and interact with a variety of puppets, including: finger puppets, hand puppets, and ventriloquist puppets. They will take part in puppet sing-a-longs and games, create their own puppets, perform for each other, and watch puppet demonstrations. Creative and artistic expression is unlimited in this class. Parent participation is required. To learn more, see

www.luckystarspuppets.com

Thu: 9/4-9/18 11:15am-12pm

110714-A R: \$60 / NR: \$70

Thu: 9/4-9/18 1:15-2pm

110714-B R: \$60 / NR: \$70

Thu: 10/2-10/16 11:15am-12pm

110714-C R: \$60 / NR: \$70

Thu: 10/2-10/16 1:15-2pm

110714-D R: \$60 / NR: \$70

Instructor: Wendy Papier

Location: Art Room

Little Stars! 2-3 years

Introduce your little ones to the magical world of dramatic arts & imagination! Come explore stories while using all facets of arts enrichment incorporating music, movement, drama, art, and language. Note: A materials fee for art is included in the price.

Location: Art Room

Thu: 9/25-12/4* 9:45-10:30am

110706-A R: \$145 / NR: \$155

Location: Community Room

Thu: 9/25-12/4* 10:45-11:30am

110706-B R: \$145 / NR: \$155

Instructor: C.A.R.E. Actor

*No class dates 11/27

Act It Out! 4-6 years

Take an adventure every week through storybooks in this acting class that uses theater arts to teach kids about character education topics such as respect, truth, peace, etc. Each week, these young actors will learn various acting games, teambuilding games, as well as act out a story that draws out these positive values using costumes and props. This class will present their favorite story on the last day of class!

Mon: 9/22-12/1* 4:30-5:15pm

120706-A R: \$125 / NR: \$135

Instructor: C.A.R.E. Actor



Dramatic Kids! 7-11 years

This theater arts class is bound to keep you up on your feet and down on the ground with fun and laughter! Learn improvisational theater techniques, story development, and sketch writing while exploring current topics & positive values. There will be a dramatic presentation on the last day of class!

Mon: 9/22-12/1* 5:30-6:30pm

130703-A R: \$145 / NR: \$155

Instructor: C.A.R.E. Actor

Location: Community Room

*No class dates 10/13

COOKING CLASSES

Vegan Boot Camp 101

18 & up

Expand your culinary horizons and learn to cook simple, tasty and nutritious vegan dishes. Get an in-depth, hands-on experience, mastering the art of vegan cooking in this fun boot camp-style series. The series will include hands-on cooking classes, informative chats along with tried and tested techniques and tips. Whether you take the entire series or just one class, we will give you the knowledge, tools and tips to cook up some delicious, healthy and sustainable foods from dressings to soups, entrees to dessert and more! At the end of class there will be time to sit and chat while enjoying the meal we prepared.

Sun: 10/5-10/26 2:30-5pm

150301-A R: \$140 / NR: \$150

Instructor: Eden Good

Location: Senior Center-Left

Meat The Vegans

18 & up

Meat the Vegans...This first class in the series will introduce you to the art of making delicious easy-to-make vegan meals. Each class will combine hands-on cooking, discussion chats, and ends with a delicious meal.

Sun: 10/5

2:30-5pm

150302-A

R: \$45 / NR: \$55

Instructor: Eden Good

Location: Senior Center-Left

Sunday Brunch 18 & up

Sunday Brunch...One of the best ways to spend a Sunday is leisurely rolling out of bed and eating delicious brunch. Why stand in line at your favorite brunch spot waiting an hour or two for a table when you can prepare it yourself and at half the price! Learn to make several dishes to satisfy your brunch cravings.

Sun: 10/12

2:30-5pm

150303-A

R: \$45 / NR: \$55

Instructor: Eden Good

Location: Senior Center-Left

Sweet Treats 18 & up

How sweet it is! Get your mouth watering and fulfill your sweet cravings. Learn to bake sweet confections that will satisfy even the most persnickety taste buds. Exclusive taste testing and sampling of a new cookie line – gudh.

Sun: 10/19

2:30-5pm

150304-A

R: \$45 / NR: \$55

Instructor: Eden Good

Location: Senior Center-Left

Holiday Classics

Trimblings 18 & up

Holiday Classics with Trimblings...What comes to mind when you think of the holidays – a proverbial food fest! Well, this is a class of fun and festive recipes fit for any holiday feast, but with a twist.

Sun: 10/26

2:30-5pm

150308-A

R: \$45 / NR: \$55

Instructor: Eden Good

Location: Senior Center-Left

Dance Classes

Mommy and Me

Birth to 2 years

You, your baby, music and movement: the perfect combination! Enjoy a chance to celebrate music and movement together with your child in this wonderful experience for child and parent or caregiver. Together, you will sing songs, play games, learn finger plays, participate in partner dances, and respond to music.

Ages 4 months to 1 year

Thu: 9/18-12/11* 10-10:30am

110243-A R: \$84 / NR: \$94

Ages 1 to 18 months

Thu: 9/18-12/11* 10:30-11am

110243-B R: \$84 / NR: \$94

18 months to 2 years

Thu: 9/18-12/11* 11-11:30am

110243-C R: \$84 / NR: \$94

Instructor: EBD- Newton

Location: Dance-Right

*No class dates 11/27



NEW! Classical Ballet for Ballerina 3-5 years

This class exposes little dancers to 3 classical ballets (The Nutcracker, Swan Lake, Sleeping Beauty) We will explore these fairy-tale stories with magical music. Basic ballet concepts (such as 1st & 2nd position, plie, tendus, etc.) They will learn about the origins of ballet, famous ballet dancers, performance and music - all to expose students to the life of real ballerinas.

Mon: 9/22-12/8* 3:15-4pm

110221-A R: \$125 / NR: \$135

Wed: 9/24-12/10* 3:15-4pm

110221-B R: \$125 / NR: \$135

Instructor: Dream In Color

Location: Dance-Left

*No class dates 10/13, 11/26

Preschool Dance A

2-3 years

An introduction to dance, movement, and expression for 2-3 year olds. Emphasis will be placed on ballet basics while we help our youngest dancers develop balance, coordination, and rhythm. Parents or guardians must stay on premises but not in the classroom, unless requested by the instructor. Preschool A classes recommend ballet shoes.

Location: Dance-Right

Instructor: EBD- Davis

Mon: 9/15-12/8* 9-9:30am

110203-A R: \$84 / NR: \$94

Instructor: EBD- Davis

Mon: 9/15-12/8* 9:30-10am

110203-A1 R: \$84 / NR: \$94

Instructor: EBD- Davis

Tue: 9/16-12/9* 9-9:30am

110203-B R: \$84 / NR: \$94

Instructor: EBD- Davis

Tue: 9/16-12/9* 9:30-10am

110203-C R: \$84 / NR: \$94

Location: Senior Center-Right

Instructor: EBD- TBD

Sat: 9/20-12/13* 9-9:30am

110203-K R: \$70 / NR: \$80

*No class dates 10/13, 10/25, 11/11, 11/29, 12/6

All that Ballet, Jazz & Movement 3-5 years

This high-energy class is perfect for the young dancer who wants to try various dance styles. Children will learn basic Ballet steps and Creative Movement exercises in a fun, non-competitive environment. Also, they will enjoy choreographed Jazz routines to contemporary age-appropriate music, including a routine to be performed for parents during the last class! Ballet shoes recommended, but not required.

Thu: 9/18-12/11* 1:15-2pm

120201-A R: \$165 / NR: \$175

Instructor: Go Bananas Dancing LLC

Location: Dance-Left

*No class dates 10/9, 11/27

Preschool Dance B

3-4 years

An introduction to tap dance, movement, and expression for 3 to 4 year olds. Guardians must stay on premises but not in the classroom. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

Location: Dance-Right

Instructor: EBD- Davis

Mon: 9/15-12/8* 10-10:45am

110202-I R: \$126 / NR: \$136

Instructor: EBD- Davis

Mon: 9/15-12/8* 10:45-11:30am

110202-J R: \$126 / NR: \$136

Instructor: EBD- Allen

Mon: 9/15-12/8* 3:45-4:30pm

110202-K R: \$126 / NR: \$136

Instructor: EBD- Davis

Tue: 9/16-12/9* 10-10:45am

110202-L R: \$126 / NR: \$136

Instructor: EBD- Davis

Tue: 9/16-12/9* 1-1:45pm

110202-M R: \$126 / NR: \$136

Instructor: EBD- Allen

Thu: 9/18-12/11* 1-1:45pm

110202-P R: \$126 / NR: \$136

Instructor: Dream in Color

Sat: 9/20-12/13* 10-10:45am

110202-N R: \$125 / NR: \$135

Instructor: Dream in Color

Sat: 9/20-12/13* 10:45-11:30am

110202-Q R: \$125 / NR: \$135

Location: Senior Center-Right

Instructor: EBD- TBD

Sat: 9/20-12/20* 11:15am-12pm

110202-R R: \$105 / NR: \$115

*No class dates 10/13, 10/25, 11/11, 11/27, 11/29, 12/6

NEW! Rhythm and Tap

3-5 years

Children will explore different types of rhythms and sounds using egg shakers, rhythm sticks, tambourines and their own bodies (clapping, tapping). Rhythmic music and songs are used to accompany their own sounds and movement.

Mon: 9/22-12/8* 2:30-3:15pm

110222-A R: \$125 / NR: \$135

Wed: 9/24-12/10* 2:30-3:15pm

110222-B R: \$125 / NR: \$135

Instructor: Dream In Color

Location: Dance-Left

*No class dates 10/13, 11/26

Preschool Dance C

4-5 years

In Preschool B classes, students will be introduced to tap. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

Location: Dance-Studio

Instructor: EBD- Davis

Mon: 9/15-12/8* 11:30am-12:15pm

110208-P R: \$126 / NR: \$136

Instructor: EBD- Allen

Mon: 9/15-12/8* 3-3:45pm

110208-R R: \$126 / NR: \$136

Instructor: EBD- Davis

Tue: 9/16-12/9* 10:45-11:30am

110208-S R: \$126 / NR: \$136

Instructor: EBD- Davis

Tue: 9/16-12/9* 1:45-2:30pm

110208-T R: \$126 / NR: \$136

Location: Senior Center- Right

Instructor: EBD- TBD

Sat: 9/20-12/13* 12-12:45pm

110208-X R: \$105 / NR: \$115

Location: Dance-Left

Instructor: Dream In Color

Sat: 9/20-12/13* 11:30am-12:15pm

110208-Z R: \$105 / NR: \$115

*No class dates 10/13, 10/25, 11/11, 11/29, 12/6

NEW! Boogie Woogie Tumble & Twirl 3-5 years

This is the perfect intro class for your head boppin, toe tappin munchkin. They will learn basic tumbling skills while introducing their bodies to beginner dance technique with creative movement. This class will improve coordination and fine motor skills and encourage confidence and performance participation. Come Boogie Woogie with us to all of their favorite tunes. Comfortable loose clothing and bare feet are recommended.

Wed: 9/17-12/3* 10:30-11:15am

110406-A R: \$120 / NR: \$130

Instructor: Adrenaline Staff

Location: Dance-Left

*No class dates 11/26



NEW! Hip Hop Rock N'Roll

3-6 years

Does your little one love to move? They will have a blast learning the basics of hip hop and dance as well as beginning tumbling in this class. Every class will begin with a warm up, creative movement and tumbling basics that will encourage confidence and enhance rhythm and motor skills! Come Rock N' Roll with us to all of their favorite tunes. Comfortable loose clothing and bare feet are recommended.

Ages 3-4

Wed: 9/17-12/3* 1-1:45pm

110220-A R: \$120 / NR: \$130

Ages 5-6

Wed: 9/17-12/3* 1:45-2:30pm

110220-B R: \$120 / NR: \$130

Instructor: Adrenaline Staff

Location: Dance-Left

*No class dates 11/26

Dance For Musical Theater 5-7 years

Lured by the neon lights of Broadway? This unique class brings together dance and theater in a celebration of the magic of musical theater. We'll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical dance steps, as well as building stage presence. With an emphasis on the use of expression and drama through movement, this upbeat class is sure to be a real hit!

Mon: 9/15-12/8* 5:15-6pm

120260-A R: \$126 / NR: \$136

Instructor: EBD- Lemke

Location: Dance-Left

*No class dates 10/13

Jazz/Hip Hop I 5-8 years

High-energy dance class for your little ones who like to move! With a hip-hop flair and music that gets kids dancing, this class teaches age-appropriate technique and fun moves that will light up the dance floor. Jazz shoes and dancewear or other form-fitting clothing required.

Wed: 9/17-12/10 4:15-5pm

120247-A R: \$136 / NR: \$146

Instructor: EBD- Allen

Location: Dance-Right

Ballet I 5-8 years

This ballet class focuses on beginning ballet technique in a fun and encouraging environment. The primary goals of our Ballet 1 classes are to help students build a love for this classic form of dance and for students to feel successful while learning.

Mon: 9/15-12/8* 4:30-5:15pm

120220-A R: \$126 / NR: \$136

*No class dates 10/13

Instructor: EBD- Allen

Location: Dance-Right

NEW! Dancing Through Nature 5-8 years

This course teaches creative movement through connections to natural surroundings. This class will take place both in the studio and outside. We will explore and observe the movements, sounds and smells of our natural world. Students will then take their experience into the studio where these movements are further explored through interpretive dance.

Wed: 9/24-12/10* 4-5pm

120204-A R: \$125 / NR: \$135

Sat: 9/27-12/13* 12:30-1:30pm

120204-B R: \$125 / NR: \$135

Instructor: Dream In Color

Location: Dance-Studio

*No class dates 10/13, 11/29, 12/6

Ballet/Tap/Jazz I 5-8 years

Basic ballet principles, jazz technique, and the joyful rhythms of tap will expose your child to all the wonders of dance while improving strength, flexibility and musicality. Tap shoes and ballet or jazz shoes required.

Location: Dance-Studio

Instructor: EBD- Jackson

Mon: 9/15-12/8* 4:15-5:15pm

120254-A R: \$168 / NR: \$178

Instructor: EBD- Allen

Mon: 9/15-12/8* 5:15-6:15pm

120254-B R: \$168 / NR: \$178

Instructor: EBD- Geoghegan

Wed: 9/17-12/10 6-7pm

120254-C R: \$182 / NR: \$192

Location: Senior Center- Right

Instructor: EBD- TBD

Sat: 9/20-12/13* 10-11am

120254-D R: \$140 / NR: \$150

*No class dates 10/13, 10/25, 11/29, 12/6

Dance Classes

Elementary Ballet

6-9 years

For students grades 1 and up who are ready for a more serious ballet class, with a stronger focus on technique and precision. Instructor placement required, email everybodydance07@gmail.com

Tue: 9/16-12/9* 4:15-5:15pm

120225-A R: \$168 / NR: \$178

Instructor: EBD-Allen

Location: Dance-Left

*No class dates 11/11

Hip Hop I 6-7 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

Wed: 9/24-12/10* 5:30-6:30pm

120216-A R: \$125 / NR: \$135

Instructor: Dream In Color

Location: Dance-Left

*No class dates 11/26

Adrenaline Hip Hop

6-18 years

Our ADF hip hop dancers will learn the latest street dancing technique, performance skills and confidence. Hip Hop is an ever-evolving style performed to current hip hop music. The Adrenaline Dance Force classes offer the ability to improve hip hop style, increase memory, improve balance and increase strength by staying grounded and strong through upper and lower body movement. Adrenaline's experienced staff brings excitement to this class with the latest hip hop moves and age appropriate music!

Hip Hop 6-11 yrs

Thu: 9/18-12/4* 4:30-5:30pm

130203-A R: \$160 / NR: \$170

Hip Hop 12-18yrs

Thu: 9/18-12/4* 5:30-6:30pm

130203-B R: \$160 / NR: \$170

Instructor: Adrenaline Staff

Location: Dance-Left

*No class dates 11/27

Hip-Hop II/III 8-10 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

Wed: 9/24-12/10* 6:30-7:30pm

120213-A R: \$125 / NR: \$135

Instructor: Dream In Color

Location: Dance-Left

*No class dates 11/26

Dance For Music Theatre II/III 8-12 years

This class will bring together dance and theatre. Props will be used to give students the feeling of performing in musical theatre along with teaching facial expressions and exaggerated movements needed for dance in theatre.

Mon: 9/15-12/8* 6-6:45pm

120229-A R: \$126 / NR: \$136

Instructor: EBD- Lemke

Location: Dance-Left

*No class dates 10/13

Teen Musical Theatre 12-18 years

Lured by the neon lights of Broadway? This unique class brings together dance and theater in a celebration of the magic of musical theater. We'll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical dance steps, as well as building stage presence. With an emphasis on the use of expression and drama through movement, this upbeat class is sure to be a real hit!

Thu: 9/18-12/11* 6:15-7:15pm

150219-A R: \$168 / NR: \$178

Instructor: EBD- Thornton

Location: Dance-Right

*No class dates 11/27



Jr. Level Ballet 8 & up

Junior level is for students 8 and older with previous ballet training who are developmentally ready to pursue a more rigorous ballet program. Instruction will include ballet terminology, technique and placement as well as strengthening and learning movement combinations. With each level becoming progressively more challenging, upper level junior classes are designed to encourage young dancers to develop technically as well as artistically. Instructor placement required, email everybodydance07@gmail.com

Jr. Ballet 1

Instructor: EBD- O'Hara

Tue: 9/16-12/9* 4:15-5:15pm

120226-A R: \$168 / NR: \$178

Jr. Ballet 2

Instructor: EBD- Allen

Tue: 9/16-12/9* 5:15-6:15pm

120226-B R: \$168 / NR: \$178

Jr. Ballet 3/4

Instructor: EBD- O'Hara

Tue: 9/16-12/9* 5:15-6:15pm

120226-C R: \$168 / NR: \$178

Location: Dance-Studio

*No class dates 11/11

Ballet II/III 9-14 years

This ballet class for older students provides outstanding technical instruction in a positive and encouraging environment. The primary goals of this class are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

Thu: 9/18-12/11* 5:15-6:15pm

120221-A R: \$168 / NR: \$178

Instructor: EBD- Allen

Location: Dance-Right

*No class dates 11/27

All dancers must meet the class age requirements by September 30, 2014.



Tap/Jazz II/III 9-14 years

Build strength, flexibility, rhythm and grace while having a great time to a variety of music. Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Thu: 9/18-12/11* 4:15-5:15pm

120239-A R: \$168 / NR: \$178

Instructor: EBD- Allen

Location: Dance-Right

*No class dates 11/27

Advanced Tap 9-14 years

Studying various styles of tap dancing from Broadway to jazz and rhythm tap, dancers are taught classic and contemporary repertoire. This is a high level class for students with extensive tap training, appropriate muscular development, endurance, and the maturity needed for more rigorous tap instruction. Tap shoes required. Dancewear or other form-fitting clothing required (No jeans or baggy t shirts). Instructor Placement Required, email everybodydance07@gmail.com.

Wed: 9/17-12/10 7-8pm

130205-A R: \$182 / NR: \$192

Instructor: EBD- Jackson

Location: Dance-Right

Jazz/Hip Hop II/III 9-14 years

High-energy dance class with a hip-hop flair and music that gets kids dancing. This class teaches age-appropriate technique and fun moves that will light up the dance floor. Jazz shoes and dancewear or other form-fitting clothing required.

Fri: 9/19-12/12* 6-7pm

120248-A R: \$140 / NR: \$150

Instructor: EBD- Turner

Location: Dance-Right

*No class dates 10/31, 11/28, 12/5

Senior Ballet & Pointe

All

Instructor placement required. Senior level is a high level class for students with extensive ballet training, appropriate muscular development, endurance, and the maturity needed for an extremely rigorous ballet program. Attendance at both classes weekly is expected for students desiring to train for pre-pointe. At the Senior II level, students are working toward preparedness for pointe training. Students will be enrolled initially as prepointe students for a specified evaluation period to determine readiness for pointe. Program instructors typically evaluate students at the start of each semester and will provide pointe instruction only for students who they deem to be physically ready for the challenges of pointe work. Instructor placement required. Email everybodydance07@gmail.com

Sr. Ballet

Instructor: EBD- Clay/Hafer

Mon: 9/15-12/8* 6:45-8pm

120227-A R: \$210 / NR: \$220

Pre-Pointe/Pointe

Instructor: EBD- Clay/Hafer

Mon: 9/15-12/8* 8-8:30pm

120227-B R: \$84 / NR: \$94

Senior Ballet

Instructor: EBD- Thornton

Thu: 9/18-12/11* 7:15-8:30pm

120227-C R: \$210 / NR: \$220

Senior Ballet

Instructor: EBD- Maloney

Sat: 9/20-12/13* 10-11:30am

120227-D R: \$231 / NR: \$241

Pointe

Instructor: EBD- Maloney

Sat: 9/20-12/13* 11:30am-12pm

120227-E R: \$77 / NR: \$87

Location: Dance-Studio

*No class dates 10/13, 11/27, 11/29, 12/6



NEW!

Adult Hip-Hop 18 & up

Adult Hip Hop will teach students basic Hip Hop movements and technique. The class is ideal for students looking to tone muscles and/or increase stamina, all while indulging in a fun-filled dance activity!

Wed: 9/17-12/10

8-9pm

150211-A

R: \$182 / NR: \$192

Instructor: Kara Jackson

Location: Dance-Right

Social Dance- Basic Survival 16 & up

Designed with the non-dancer in mind, learn the dance basics needed to survive that wedding reception, cruise ship vacation, or New Year's Eve dance and to do it with style and grace. This course covers the basics of Waltz, Rumba, Foxtrot, Tango, Swing, Cha Cha, and Merengue with proper dance position, and how to lead and follow. Partners encouraged, but singles are welcome. Optional instruction aids, publications, audio tapes and CD's will be available for purchase.

Thu: 9/18-11/6

8-9:30pm

150214-A

R: \$108 / NR: \$118

Instructor: Tom Woll and Assoc

Location: Senior Center-Left

Sizzling Salsa 16 & up

Learn today's hottest dance - the Sizzling Salsa! It's hip, it's hot, and it's simple and easy. Have fun expressing yourself while burning off stress and calories as you burn up the floor dancing with your partner. Our instruction teaches basic simple Salsa moves, footwork, and some energetic fun turns to make you feel good dancing with your friends. Learn how to lead and follow with good technique to make you stand out on the floor. Course may include choreography from a variety of other Latin dances. Beginner level. Couples recommended, but singles welcome, and bring your friends!

Thu: 9/18-11/6

7-8pm

150221-A

R: \$76 / NR: \$86

Instructor: Tom Woll and Assoc

Location: Senior Center-Left

Teen Programs



Welcome to C.R.U.S.H

The C.R.U.S.H Teen Center is open exclusively for teens Monday through Friday, from 3 p.m. until 6 p.m. Ashley Green, the Teen Coordinator, supervises the center, teen activities, and teen trips. Contact Ashley Green at **703-248-5307** (TTY 711) for more information.

Social Wednesdays

Come to C.R.U.S.H after school to socialize with friends, surf the internet, shoot hoops, or dance using our new X-Box Kinect. Each Wednesday will feature a different activity from tournaments to cooking projects to watching a movie.

Fee: FREE

Grades: 6-8

Time: 3pm-5pm

Dates: Wednesdays; September - December

Middle School Fridays

Hang with friends and play dodge-ball, compete in eating contests, karaoke, or join a Wii bowling tournament at our monthly Friday night party for middle school students only! Pizza and sodas are available for sale. Participants must be signed in and out by a parent or guardian.

Fee: \$5

Grades: 6-8

Time: 7pm-11pm

Dates: September 19th, October 17th, November 21st, December 12th



What is Teen Council?

Teen Council is a volunteer organization made up of fun and fascinating teens that meets from September through May. It provides teens with the opportunity to have a "voice" in the community. The mission of our Teen Council is to empower teens with the core values of leadership, accountability, and a heart for service.

Why should I join Teen Council?

Why wouldn't you! Teen Council looks great on future college applications, allows teens to make a difference in their community, and have fun. Not to mention make tons of new friends!

Who can join

Anyone in grades 6-8 can join Teen Council.

What activities do members participate in?

Members participate in monthly volunteer projects, social activities, and planning meetings. Meetings are held once a month, on Mondays typically from 3:30pm until 4:30pm. Light refreshments are served.

Applications are available at the Falls Church Community Center or email agreen@fallschurchva.gov.

Grades: 6-8

Dates: September - December

Fee: FREE to join*.

*Trips may have associated expenses.



Teen Work List

Are you a 9th-12th grader looking to make money? If so, join our Teen Work List. Residents contact us when they need someone to perform jobs such as babysitting, yard work, snow shoveling, and dog-walking. We will then contact you via email with a job description and the residents contact information. Simply fill out an application and forward it by mail, fax, or email to agreen@fallschurchva.gov. For more information contact **703-248-5307**.

Dave and Busters

11-14 years

Dave and Busters features games such as Dance Dance Revolution, Daytona USA, Nothing But Net, Spin-N-Win and more. It also features non-arcade games like shuffleboard and billiards. Cost includes food and limited game play. Please bring extra money for games (if desired).

Sat: 9/6 **11am-2pm**
141439-A R: \$30 / NR: \$30

Chuck-E-Cheese 11-14 years

Chuck E. Cheese's is the ultimate place Where A Kid Can Be A Kid®. Kids can enjoy entertainment, food, and games. Registration includes two slices of pizza, a drink, and 16 tokens. Please bring money for extra tokens.

Wed: 9/24 **3:30-7:30pm**
141431-A R: \$10 / NR: \$10

Kings of the Court

11-15 years

Calling ALL teens! If you think that you and your friends have what it takes to be crowned "Kings of the Court" then register for this 3-on-3, double elimination basketball tournament. Cost is \$25 per team of 3-4 individuals. Winners will receive a certificate and Nike Elite Socks. For more information, contact Ashley Green at 703-248-5307.

Sat: 9/27 **11am-2pm**
141501-A R: \$25 / NR: \$25

Location: Gym-Full

Movie Night- High School

13-18 years

Come join us as we visit AMC Theatres at Tysons Corner after school for a movie. Participants will decide as a group on a PG or PG-13 rated movie to see.

AMC Theatres

Tue: 10/7 **4-8pm**
141447-A R: \$15 / NR: \$15

Kings Dominion 15-18 years

Test your limits on Kings Dominion's Intimidator 305! Kings Dominion also offers the El Dorado, Donominator, Anaconda, Drop Tower, Flight of Fear and more! Please bring additional money for food and souvenirs.

Sat: 10/25 **10am-11pm**
141480-B R: \$50 / NR: \$50

Potomac Mills 11-17 years

Kick start your holiday shopping! This mall features department stores, fashions stores, specialty stores, a movie theater and much more! Please bring additional money for purchases and food.

Sat: 11/8 **10am-5pm**
141478-A R: \$7 / NR: \$7

Medieval Times 11-14 years

It is time for battle! Watch knights compete on horseback while feasting on chicken, spare rib, potato and more! We will cheer for our knight and hopefully we will be victorious! Please bring additional money for souvenirs.

Sat: 11/15 **5-10:30pm**
141468-A R: \$50 / NR: \$50

Rebounderz 10-14 years

Rebounderz is 26,000 square foot facility full of trampoline fun! Participants will have two hours of jump time. Please bring money for optional arcade games and food. Additional waivers are required and will be distributed prior to the trip

Tues: 11/18 **3:30pm-7:30pm**
141497-A \$30

Georgetown University

14-18 years

Come along as we visit one of the world's leading academic and research institutions. We will go on a self-guided tour and attend a men's basketball game. Please bring money for food or souvenirs.

Sat: TBD **9am-6pm**
141504-A \$40

Roller Skating 11-14 years

Skate & Fun Zone offers the ultimate fun experience by allowing you to roller skate with friends or drop in the Laser Zone. Registration includes admission and skate rental. Please bring money for food and the optional Laser Zone.

Thu: 11/20 **4-9pm**
141443-A R: \$15 / NR: \$15

Cosmic Bowling 14-17 years

The lights go out. The pins light up. The music blasts. Lasers beam around the room. It's Bowl America's Cosmic Bowling, the most novel way to have fun in the entertainment galaxy! Registration includes unlimited bowling and shoe rental. Please bring money for food.

Fri: 12/12 **8:30-11:30pm**
141487-A R: \$25 / NR: \$25

Washington Wizards

11-17 years

Join us for a night of basketball as we cheer on the Washington Wizards! Please bring money for food and the metro. Go Wizards!

Sat: 12/13 **TBD**
141455-B R: \$40 / NR: \$40

Holiday Cookies

11-15 years

Get into the spirit of the holidays with your friends as we prepare some classic holiday cookies as well as some out of the ordinary cookies. If you have a favorite cookie, please feel free to submit the recipe in advance.

Wed: 12/17 **3-6pm**
141496-A R: \$10 / NR: \$10

Location: Senior Center-Left

Sport Classes

Amazing Athletes Program 2.5-6 years

A unique tried and tested, fun filled sport program that incorporates physical fitness and gross motor skills. Students will play and learn a variety of sports including soccer, hockey, basketball, and baseball. This fun and positive learning experience will help kids develop the basic fundamentals of sports and instill team pride self-confidence, and good sportsmanship. This is what makes this program amazing!

Athletes 2.5-3yrs

Thu: 9/18-11/6 9:30-10:15am
110902-A R: \$94 / NR: \$104

Athletes 4-6yrs

Thu: 9/18-11/6 12:15-1pm
110902-B R: \$94 / NR: \$104

Athletes 2.5-3yrs

Fri: 9/19-11/7 1-1:45pm
110902-C R: \$94 / NR: \$104

Athletes 2.5-3yrs

Sat: 9/20-11/15* 1-1:45pm
110902-D R: \$94 / NR: \$104

Athletes 4-6yrs

Sat: 9/20-11/15* 2-2:45pm
110902-E R: \$94 / NR: \$104

Instructor: Amazing Athletes

Location: Gym

*No class dates 10/25

Adrenaline Tumbling

4-12 years

Our tumblers will learn tumbling basics, flexibility and beginning/intermediate level skills such as rolls, cartwheels and back bends. Core strength and balance are incorporated to build strength and coordination. Students will improve on their gymnastics skills, balance and increase strength through movement exercises while having a great time! Comfortable loose clothing and bare feet are recommended.

Tumbling 4-6 yrs

Thu: 9/18-12/4* 4:30-5:30pm
120410-A R: \$160 / NR: \$170

Tumbling 7-12 yrs

Thu: 9/18-12/4* 5:30-6:30pm
120410-B R: \$160 / NR: \$170

Instructor: Adrenaline Staff

Location: Community Room

*No class dates 11/27

Adrenaline Cheer Class

7-12 years

Our cheer class is designed to teach basic to advanced concepts of cheer. We will work on motions and jump technique, stunting basics, strength, cheer dances, showmanship and performance techniques, and more! Whether you are new to cheer or interested in preparing for high school tryouts, we will help you become your best. The class will be split into appropriate age and ability groups and concludes with a showcase at the end of the session!

Thu: 9/18-12/4* 6:30-7:30pm

120411-A R: \$160 / NR: \$170

Instructor: Adrenaline Staff

Location: Art Room

*No class dates 11/27

Youth Basketball Training

6-13 years

Boys and girls will receive instruction on individual skills such as shooting, dribbling and passing as well as some basic team play. This eight-week developmental program is designed for children who are just learning to play basketball or wanting for experience wanting to develop and enhance their skills. It will help with each participant's coordination and conditioning as well as introduce team-concept and organized-sport fundamentals

Thu: 9/18-12/4* 4:30-5:30pm

120907-A R: \$110 / NR: \$120

Instructor: Keith Smith

Location: 1/2 Gym Back Door

*No class dates 11/27

Adv. & Black Belt 9 & up

If you have significant martial arts experience and are looking for a place to train, then come train with us. We have a relatively experienced group that practices advanced blocks, kicks, punches, self-defense techniques, katas, and sparring techniques for advancement. Sparring is an optional part of the class. Uniforms and hand & feet protection are required. We have more information online at

www. StratfordKarate.org

Thu: 9/18-12/11* 8:15-9:15pm

150502-A R: \$137 / NR: \$147

Instructor: Richard Hathaway

Location: Dance-Left

*No class dates 11/27

Beginning Karate 7 & up

If you are curious about the martial arts, interested in an exercise program with a purpose, or want to learn some self-defense, then come join us! We are offering a beginning classes, which covers basic blocks, kicks, punches, self-defense techniques, and forms (katas) that are common to many types of martial arts. There is no need to worry about the physical requirements because they aren't too challenging. Beginning students do not engage in fighting and do not need uniforms. So, come try karate! More info is available at **www. StratfordKarate.org**

Mon: 9/15-12/1* 7-8pm

120502-A R: \$137 / NR: \$147

Sat: 9/20-12/13* 8:30-9:30am

120502-B R: \$137 / NR: \$147

Instructor: Dave Hacker

Location: Dance-Left

*No class dates 10/13, 11/29, 12/6

Intermediate Karate

9 & up

If you have some martial arts experience and are looking for a place to train, then come train with us. We have a relatively casual and supportive group that practices advanced blocks, kicks, punches, self-defense techniques, katas, and sparring techniques for advancement. Sparring will be introduced to experienced students. Uniforms, hand & feet protection are required. So, join us. We have more information online at

www. StratfordKarate.org

Mon: 9/15-12/1 8:15-9:15pm

120506-A R: \$137 / NR: \$147

Instructor: Bill Kennedy

Location: Dance-Right

*No class dates 10/13



Falls Church Recreation and Parks

FALL SOCCER

(Grades Kindergarten-8th Grade)

Early Bird Registration: July 14th-27th

Kindergarten-2nd Grade –

Resident: \$85 / Non-Resident: \$95

3rd Grade & Above

Resident: \$95 / Non-Resident: \$105

Regular Registration:

July 28th – August 10th

Kindergarten-2nd Grade –

Resident: \$100 / Non-Resident: \$110

3rd Grade & Above

Resident: \$110 / Non-Resident: \$120

Teams will be formed by grade and will participate in Arlington Soccer Association. Practices and games will be held at nearby fields: times vary by team. Practices start after Labor Day and games go through early November. Volunteer coaches are needed. For more information on registration, fees, and league rule information, call **703-248-5027**.

Youth Flag Football

Grades 2-7

Early Bird Registration: July 14th – Jul 27th

Resident: \$90 / Non-Resident: \$100

Regular Registration: Jul 28th-Aug 10th

Resident: \$100 / Non-Resident: \$110

Falls Church Recreation & Parks Dept. will be hosting our annual youth flag football league this Fall. This program is a co-ed, non-contact 5-on-5 league that focuses on teaching the fundamentals of football in a fun, competitive, and safe environment. League will be run on Saturday evenings at George Mason High School starting mid afternoon each week. Volunteer coaches are still needed. Please contact Chris Madison for more details at **703-248-5027**.

Location: George Mason Turf Field

Tryout Dates: September 6th Times - TBD

600001-A: Grades 2-3

600002-A: Grades 4-5

600003-A: Grades 6-7

1st Touch Soccer Clinic Ages 2-5

First Touch is a program designed to develop your young players love and interest in soccer by providing the FUN-damental skills and techniques needed. An eight-session course open to boys and girls ages 2-5. Each 45 minute session focuses on a different skill of the game. Footwork, dribbling, passing, shooting, 1st touch, and juggling are followed with live games to finish each day. Clinic runs from September 6th – November 1st. Registration for the clinic starts July 14th and will stay open until filled. Ages are as of September 1, 2014.

Instructor: Challenger Sports British Soccer

Class Dates: September 6th – November 1st

631104-A	2-3 yr olds
Saturdays	9-9:45am
631104-B	3-4 yr olds
Saturdays	10-10:45am
631104-C	4-5 yr olds
Saturdays	11-11:45am
631104-D	2-3 yr olds
Tuesdays	10-10:45am
631104-E	4-5 yr olds
Tuesdays	11-11:45am
631104-F	2-3 yr olds
Wednesday	3-3:45pm
631104-G	4-5 yr olds
Wednesday	4-4:45pm
Fee: R:\$100	NR:\$110



NFL Punt, Pass, & Kick

Ages 8-15

What is Punt, Pass, & Kick? It is a FREE opportunity for boys and girls ages 8-15 to compete in a fun environment against their peers in a NFL sponsored football skills competition. The kids will compete in three activities (punting, passing, and place kicking) where their total combined distances will be scored, with the winners in each age/gender division moving on to a district competition.

Location: George Mason Turf Field

Dates: Sunday, September 7th @ 3pm

Little League Baseball

Ages 4 – 12

PLAY BALL!



Registration for the Falls Church Kiwanis Little League's Fall baseball season is now open. Fall Ball is a terrific opportunity for new players to begin learning baseball and for returning players to improve their baseball skills. Boys and girls who will be between the ages of 4 and 12 years old on April 30, 2015 are eligible.

The levels are:

Baseball Majors - Ages 10 - 12

Baseball AAA - Ages 9 - 11

Baseball AA - Ages 7 - 10

Baseball Single A - Ages 6 - 8

Tee-Ball Clinic - Ages 4 - 7

Registration is now open.

Early bird discounts for registrations received by July 31.

Late fees apply after August 10.

Registration closes August 17.

Please visit our website for more information and to register.

www.fckll.org

(Click on the "2014 Fall Ball" tab for more information and to register.)

Questions about the Fall season schedule or the most appropriate level for your child? Just drop us an e-mail:

FCKLLPlayerAgent@gmail.com



House League Basketball Grades 2-12

Registration for boys and girls house basketball league teams runs from October 7th through November 1st. Teams will be formed by grade and drafted into teams and will participate in our winter house league. Practices and games will be scheduled in area gyms; practice and game times vary by teams. Volunteer coaches and paid referees are needed! Call **703-248-5027** for more info.

Early Bird Registration: October 6th -19th

2nd/3rd Grade

Resident: \$115 / Non-Resident: \$130

4th Grade & above

Resident: \$140 / Non-Resident: \$155

Regular Registration: October 20th –Nov 2nd

2nd/3rd Grade

Resident: \$130 / Non-Resident: \$145

4th Grade & above

Resident: \$155 / Non-Resident: \$170

Select League Basketball Boys/Girls 5th Grade, 6th Grade, 7th Grade, 8th Grade

Registration – Players will register once accepted to a team. For those basketball players interested in a more competitive and highly skilled environment, Falls Church Rec & Parks will sponsor several teams in the FCYBL Select Basketball League. All players will be required to tryout and be selected to the age appropriate team. Tryouts will start the 1st week of October. Teams will be formed based on need. There will not necessarily be teams in each age/gender group. Contact Chris Madison at **703-248-5027** for further information.

1st Touch Basketball Clinic Ages 3-4

Registration starts October 6th and continues until clinic is filled. 1st Touch is a program designed to develop your young player's love and interest in basketball by providing the FUN-damental skills and techniques needed. A six-session course open to boys and girls ages 3 & 4. Each 45 minute session will include station work that focuses on different skills to include shooting, dribbling, passing, and footwork. It gives parents and children the opportunity to work one-on-one and spend quality time together. Parents/guardians are asked to stay and participate during clinic. Participants must be correct age by October 1, 2014.

Instructor: TBA

Location: TBA

Class Dates: January 10th-February 21st, 2015

Fee: Resident:\$70 / Non-Resident:\$80

621103-A 3 yr olds

Saturdays 9am

621103-B 4 yr olds

Saturdays 10am

Early Hoopers Basketball Clinic Ages 5-6

Registration starts October 6th and continues until clinic is filled. The 5 & 6 year old co-ed Early Hoopers Basketball Clinic is a once-per-week instructional clinic that focuses on the basic fundamental skills and rules of basketball as it begins to prepare the participant for league competition. The clinic is held for 7 weeks on weeknights and Saturdays. Volunteers are always welcome to assist our staff. Clinics start the 1st week of January.

Instructor: TBA

Location: TBA

Fee: Resident:\$80 / Non-Resident:\$90

5-year old clinics:

621105-A	Mondays	5:15-6pm
621105-B	Wednesday	5:15-6pm
621105-C	Saturdays	10-10:45am

6-year old clinics:

621106-A	Tuesdays	5:15-6pm
621106-B	Thursdays	5:15-6pm
621106-C	Saturdays	11-11:45am



Cross-Country Ages 5-15

Beginning this fall season, the Falls Church Rec & Parks Department and the Fairfax Police Youth Club will be teaming up to host a Fall Cross-Country program for boys and girls ages 5-15. Practices will be held at Bluemont Park in Arlington as well as Fairfax Park locations on Tuesday and Thursday evenings from 6pm – 7pm. The season will begin the first week of September and end in November. Cross-Country Meets will usually be held on Sunday afternoons (at various Northern Virginia locations) and athletes will compete in age groups (distance) as follows: 6&U (1K); 7-8 (2K); 9-10 (3K); 11-12 (3K); 13-14 (4K); and 15+ (5K).

For more information and to register, please visit www.fpycsports.com and click on the Running tab located at the top of the page or contact Chris Madison at **703-248-5027**.



MENS FALL BASKETBALL LEAGUE

Registration runs August 3rd until August 24th. League play starts the beginning of September and runs through the beginning of November. Various levels of competition are offered. Registration is on a team-basis only and team members must be 18 years or older. Call **703-248-5027** for registration form, fees, and league rules.

Registration Fee: \$725 per team.

WOMENS FALL BASKETBALL LEAGUE

Registration runs August 3rd until August 24th. League is primarily played on Sunday evenings with an occasional weeknight game. League play starts the beginning of September and runs through the beginning of November. Various levels of competition are offered. Registration is on a team-basis only and team members must be 18 years or older. Call **703-248-5027** for registration form, fees, and league rules.

Registration Fee: \$575 per team.



10th Annual Run for the Schools

**5 K Race or 1 Mile Fun Run / Walk
Sunday, 8am, September 14, 2014**

Join 650+ runners and walkers to support the Falls Church Education Foundation and FCCPS. The 5K run / 1 mile walk is during Fall Festival weekend and is a USATF Certified course that winds through the tree-lined streets of historic Falls Church City, a mix of hills and flat stretches. The Start/Finish is at 300 Block of Park Avenue.

Advanced Race timing, Cash and Equipment Prizes for top runners and teams, Moisture Wicking T-shirts, Post-Race Family and Awards Party and more!

Proceeds will benefit the Falls Church Education Foundation, a 501(c)3 organization, and the Falls Church City Public Schools. For more information and to register please go to **www.fcedf.org**

WINTER ADULT BASKETBALL LEAGUE

Registration runs November 17th - December 7th for winter adult basketball teams. Various levels of competition are offered and play begins in January. Registration is on a team-basis only and team members must be 18 years or older. For more information, call **703-248-5027**. Games will be played primarily on Sunday afternoons.

Registration Fee: \$725 per team.

ADULT FALL CO-ED VOLLEYBALL LEAGUE

Registration runs August 3rd until August 24th. League play starts the beginning of September and runs through the beginning of November. Registration is on a team-basis only and team members must be 18yrs or older. Call **703-248-5027** for registration form, fees, and league rules.

Registration Fee: \$350

ADULT FALL CO-ED SOCCER

For more information, call **703-248-5027** and ask for Chris Madison.

WOMENS FALL VOLLEYBALL LEAGUE

Registration runs August 3rd until August 24th. League play starts the beginning of September and runs through the beginning of November. Registration is on a team-basis only and team members must be 18yrs or older. Call **703-248-5027** for registration form, fees, and league rules.

Registration Fee: \$350



City of Falls Church/ FirstServe Tennis Academy

Fall 2014 Tennis Program Tennis Everyone!

Whatever your level of play, you are just a few hours of FirstServe Tennis instruction away from a lifelong love of tennis! Join FirstServe Tennis Academy on court for first-rate instructional programs for players of all abilities ages 4-adult! Gregg Deinhart and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a friendly, fun and supportive environment. By keeping class size small, students benefit from individual attention that leads to quick results. Lesson ratios for tots and adults are 4:1; and 6:1 for juniors. Lessons By Appointment are also available so you can set up a lesson plan that fits in your schedule. Students should bring water to every session! Tennis rackets are required!

Contact FirstServe Tennis Academy for program, racket and equipment recommendations. Email lessons@tenniseveryone.net, call 703-868-8172 or visit www.tenniseveryone.net for more information.



Little Shots- Intro to Tennis 4-6 years

An introduction through fun games and activities designed to build eye-hand coordination and familiarity with the tennis ball and racket. A tennis racket is required. Ratio 4:1.

Wed: 9/17-11/5 2:30-3:15pm
120901-A R: \$152 / NR: \$162

Instructor: FirstServe Tennis
Location: Cavalier Trail Park

Tennis1: Rally, Serve, Score 6-13 years

Players learn the fundamental strokes: forehand, backhand, volleys, and serve with emphasis on developing rallying skills. Ratio 6:1

Tennis 1 Ages 6-8
Wed: 9/17-11/5 3:30-4:30pm
120902-A R: \$152 / NR: \$162

Tennis 1 Ages 8-10
Wed: 9/17-11/5 4:30-5:30pm
120902-B R: \$152 / NR: \$162

Tennis 1 Ages 10-13
Wed: 9/17-11/5 5:30-6:30pm
120902-C R: \$152 / NR: \$162

Instructor: FirstServe Tennis
Location: Cavalier Trail Park

Tennis 3- Drill & Match Play 10-18 years

This program helps players build skills & learn tactics necessary to succeed in competitive tennis. Each session is a mix of instruction via drills and match play. Prerequisite: Ability to rally & serve or coach's recommendation. Ratio 8:1 (ages 10-13) and 4:1 (ages 14-18).

Tennis 3: Ages 10-13
Sat: 9/20-11/8* 2-3:15pm
140901-A R: \$140 / NR: \$150

Tennis 3: Ages 13-18
Sat: 9/20-11/8* 3:30-5pm
140901-B R: \$200 / NR: \$210

*No class dates 10/11

Instructor: FirstServe Tennis
Location: Cavalier Trail Park

Tennis 1- Adult Beginner 18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. Students are encouraged to repeat this class until they can consistently put the ball in play. Player-Coach ratio is 4:1.

AM Beginner
Tue: 9/16-11/4 9:30-10:45am
150901-A R: \$210 / NR: \$220

PM Beginner
Wed: 9/17-11/5 7-8:15pm
150901-B R: \$210 / NR: \$220

Instructor: FirstServe Tennis
Location: Cavalier Trail Park

Tennis 2- Drill & Match Play 18 & up

Players with limited on-court experience refine stroke production and learn how to play doubles! Players drill important elements of the game and then are separated into doubles matches while your coach offers helpful tips on positioning, tactics and strategy. For players who have completed Tennis I with coach's recommendation. Player-Coach ratio is 8:1.

Wed: 9/17-11/5 8:15-9:45pm
150902-A R: \$192 / NR: \$202

Instructor: FirstServe Tennis
Location: Cavalier Trail Park

Tennis 3- Intermediate 18 & up

Techniques for improved shot making, tactics and strategy-based drilling combine with match play for intermediate players. Player-Coach ratio is 8:1.

Wed: 9/17-11/5 9:15-10:45am
150903-A R: \$192 / NR: \$202

Wed: 9/17-11/5 10:45am-12:15pm
150903-B R: \$192 / NR: \$202

Instructor: FirstServe Tennis
Location: Cavalier Trail Park

Tennis 4:Adv. Drill & Match 18 & up

Techniques for improved shot making, tactics and strategy-based drilling combine with match play for advanced players. Player-Coach ratio is 4:1.

Sat: 9/20-11/8* 5-6:15pm
150905-A R: \$184 / NR: \$194

Instructor: FirstServe Tennis
Location: Cavalier Trail Park

*No class dates 10/11

Cardio Tennis 18 & up

Players experience a fun high-energy tennis workout through high-paced and heart-healthy drilling. Player-Coach ratio is 6:1.

Tue: 9/16-11/4 10:45-11:45am
150904-A R: \$152 / NR: \$162

Instructor: FirstServe Tennis
Location: Cavalier Trail Park

Gentle Yoga 18 & up

Through a series of traditional and modified yoga postures and breathing techniques, this accessible class is designed to enhance flexibility, balance and functional strength using attainable poses at a beginner level, while stimulating the mind, body and spirit. Reduce your stress level with this excellent complement to any fitness program.

Thu: 9/18-12/4* 9:30-10:25am
150402-A R: \$132 / NR: \$142

Instructor: BodyMoves Fitness, LLC

Location: Community Room

*No class dates 11/27

Yoga for Fitness 16 & up

This class introduces participants to fundamentals of yoga practice including asanas (poses), breathing techniques, and body awareness. Class is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work safely and gently to increase or restore flexibility and range of motion, build stamina, and improve coordination and balance.

Mon: 9/15-12/1* 12:15-1:15pm
150401-A R: \$132 / NR: \$142

Tue: 9/16-12/9* 8-8:55pm
150401-B R: \$132 / NR: \$142

Instructor: BodyMoves Fitness, LLC

Location: Community Room

*No class dates 10/13, 11/4, 11/11

Men's Stress Burner Yoga 13 & up

This class is suitable for men wishing to gain the stress relieving benefits of yoga practice (e.g. staying flexible and strong for sports) and learn specific tools for relieving stress-related health issues, (e.g. headaches, high blood pressure, insomnia, digestive issues, aches and pains). You will learn ways to: 1) integrate what you learn to continue benefitting you beyond the workshop; 2) take away concrete tools to manage stress to stay healthy, active and strong.

Sat: 9/6 1:30-3:30pm
130406-A R: \$40 / NR: \$50

Sun: 10/26 2:30-4:30pm
130406-B R: \$40 / NR: \$50

Sat/Sun: 9/6-10/26* 1:30-3:30pm
130406-C R: \$70 / NR: \$80

Instructor: Stress Burner Yoga

Location: Community Room

Fall 2014

Stress Burner Yoga 13 & up

Are you a leader, educator, health professional, or activist who struggles with finding a way to make self-care a priority because you can't find the time and energy? Here is a new approach! In these monthly workshops we will learn ways to integrate self-care into our busy lives seamlessly and elegantly. Each workshop will have take-aways to use immediately in life to reduce both acute and chronic stress. Workshop themes will be in this order: Effortless Effort, Synergy, Gratitude Practice, Self-Love/Compassion. Sign up for individual monthly workshops or all four in the series. This can be a good complement to any yoga class that you are already taking. All are welcome!

www.stressburneryoga.com

Sat: 9/20 1:30-3:30pm
140401-A R: \$40 / NR: \$50

Sat: 10/18 1:30-3:30pm
140401-B R: \$40 / NR: \$50

Sat: 11/15 1:30-3:30pm
140401-C R: \$40 / NR: \$50

Sat: 12/20 1:30-3:30pm
140401-D R: \$40 / NR: \$50

Sat: 9/20-12/20 1:30-3:30pm
140401-E R: \$150 / NR: \$160

Instructor: Stress Burner Yoga

Location: Dance-Right

Stress Burner Yoga Mixed Level 13 & up

This weekly class is suitable for both new and more experienced yoginis who want to deepen the practice of using yoga techniques to lower their stress "set-point" and manage challenge with joy, in this different kind of yoga class. Cultivating beginners' mind, we will focus on ways to bring the mindfulness, peace, flexibility and alignment gained from yoga practice more widely into our daily lives, leveraging one peaceful hour in the week to 24/7.

www.stressburneryoga.com

Wed: 9/3-10/22* 7:45-8:45pm
140404-A R: \$140 / NR: \$150

Wed: 10/29-12/10 7:45-8:45pm
140404-B R: \$140 / NR: \$150

Instructor: Stress Burner Yoga

Location: Community Room

*No class dates 9/24

NEW! Stress Burner Yoga Trintab 13 & up

Are you a leader, educator, health professional, or activist who struggles with finding a way to make self-care a priority because you can't find the time and energy? This program is designed for very busy people who wish to reboot their stress responses, targeting the key daily stressor which costs you the most vitality. We will meet in concise video sessions, and you will have directions for the week, in a supportive video learning and practice group. **www.stressburneryoga.com** (Private sessions available.)

Wed: 9/3-10/8 12-12:30pm
140405-A R: \$120 / NR: \$130

Thu: 9/4-10/9 9-9:30am
140405-B R: \$120 / NR: \$130

Mon: 9/8-10/20* 8:30-9am
140405-C R: \$120 / NR: \$130

Instructor: Stress Burner Yoga

Location: Online Class

*No class dates 10/13

NEW! Adult & Child Stress Burner 8 & up

Life can be stressful for families. Using games, poses, stories and other fun activities, you and your child will learn skills to calm the mind recharge the body and be healthy and joyful. Workshop themes will be in this order: Being Thankful, Super-Hero Powers, Peaceful Warriors, and See Things Upside Down! Sign up for individual monthly workshops or all four in the series. Fee includes one child and one adult. Questions? Contact **info@stressburneryoga.com**.

www.stressburneryoga.com

Sun: 9/14 3-5pm
140408-A R: \$30 / NR: \$40

Sun: 10/5 3-5pm
140408-B R: \$30 / NR: \$40

Sun: 11/2 3-5pm
140408-C R: \$30 / NR: \$40

Sun: 12/14 3-5pm
140408-D R: \$30 / NR: \$40

Sun: 9/14-12/7 3-5pm
140408-E R: \$110 / NR: \$120

Instructor: Stress Burner Yoga

Location: Dance-Right

Fitness Classes

Tai Chi & Qi Gong 16 & up

This class will explore Tai Chi forms and Qi Gong exercise for health and wellness. The exercises and forms aid in developing breath control, flexibility, muscle tone, stability and balance, eventually becoming a type of moving meditation for to the practitioner. As there is no impact to any joint, Tai Chi and Qi Gong are ideal for older persons or those whom have had knee and/or hip replacement. The study of Tai Chi is greatly beneficial to the young athlete as well. The class is structured such that anyone may join. The instructor is a Grandmaster with 48 years of study and 30 years of teaching experience.

Thu: 9/18-12/11* 6-7pm
150506-A R: \$145 / NR: \$155

Instructor: Master Jeff Cook

Location: Senior Center-Left

*No class dates 10/23, 11/27

Pilates With Props 18 & up

Pilates with Props employs small apparatus including resistance rings, flex bands, sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss ball. (Material fee in class to purchase a burst-resistant, 55-cm ball from instructor or bring your own.)

Tue: 9/16-12/9* 7-7:55pm
150409-A R: \$132 / NR: \$142

Instructor: BodyMoves Fitness, LLC

Location: Community Room

*No class dates 11/4, 11/11

Class Cards!*

Can't commit to an entire session of step aerobics? The Falls Church Class Card is for you! The card entitles you to take **Step for Fun Fitness**, **Kickboxing Aerobics**, and **Core Body and Strength Training**. Simply attend the class of your choice and get your card initialed by the instructor. The card is good for 10 individual classes. Students are permitted to buy multiple cards.

Fees: R: \$80 / NR: \$90



Zumba® 14 & up

Zumba® is a unique and exciting high energy dance aerobics class that incorporates mainly Latin movements and rhythms as well as a diversified mix of worldly exotic flavors. The routines target areas such as the gluteus, legs, arms, abdominals and most importantly, the heart! The dance steps are easy to follow and students can adjust their aerobic level by either increasing or decreasing their pace and amount of movements. No experience is necessary to enjoy Zumba®!

Thu: 9/18 7:30-8:30pm
130410-A R: \$0 / NR: \$0
Thu: 9/25-12/11* 7:30-8:30pm
130410-B R: \$125 / NR: \$135

Instructor: Kim Lampkin

Location: Dance-Right

*No class dates 10/16, 11/27

*Step for Fun & Fitness 14 & up

Class features warm-up, cardiovascular workout using the platform steps, muscle conditioning, flexibility stretches and a cool-down.

Step Aerobics

Location: Senior Center-Full

Mon/Wed: 9/8-12/17* 6:30-7:30pm
150404-A R: \$341 / NR: \$351

Rise and Shine Step

Location: Dance Studio- Right

Sat: 9/20-12/20* 8:30-9:30am
150404-C R: \$149 / NR: \$159

Instructor: Eileen Cutrona

*No class dates 10/13, 11/26, 11/29, 12/6



*Core Body and Strength Training 14 & up

Class will incorporate cardio, strength training and toning workouts for overall fitness.

Tue: 9/9-12/16* 6:30-7:30pm
150433-A R: \$161 / NR: \$171
Thu: 9/11-12/18* 6:30-7:30pm
150433-B R: \$173 / NR: \$183

Instructor: Pam Doran

Location: Senior Center-Right

*No class dates 11/4, 11/11, 11/27

TRY IT WITH
A CLASS
CARD!

*Kick Boxing Aerobics 14 & up

Class will incorporate warm-ups, upper and lower body strength exercise, kickboxing techniques and routines and cool down stretching.

Tue: 9/9-12/16* 7:30-8:30pm
150417-A R: \$161 / NR: \$171

Instructor: Pam Doran

Location: Senior Center-Full

*No class dates 11/4, 11/11

NTL- Never Too Late Fitness

55 & up

Don't believe that nonsense that you have to live with all those "growing old" problems. Join our Seniors Fitness Program' instructed by a Certified personal trainer/Corrective exercise specialist, and learn how you can fight-back, and W-I-N. Class will focus on improving balance, cardiovascular endurance, strength, flexibility and most importantly, core strengthening; building a stronger and more stable foundation. All students are to bring an exercise mat and light (2 - 5 lb. dumbbells).

Tue: 9/23-12/9* 10-11am
160408-A R: \$165 / NR: \$175
Thu: 9/25-12/11* 10-11am
160408-B R: \$165 / NR: \$175
Tue/Thu: 9/23-12/11* 10-11am
160408-C R: \$330 / NR: \$340

Instructor: Capitol Fitness

Location: 1/2 Gym Back Door

*No class dates 11/11, 11/27

COME JOIN A FALLS CHURCH CLUB!!! All clubs looking for more members

The City of Falls Church Concert Band

The City of Falls Church Concert Band is a community band that performs an entertaining mixture of marches, classical pieces, Broadway show medleys, regional tunes, and American classics. Membership is open without audition to all concert band musicians from all over the area. Music Director Robert Little brings not only a lot of musical experience and professionalism to the band, but also a friendly, lighthearted atmosphere. Rehearsals are held on Wednesday nights 7:45-9:45pm at the George Mason High School, 7124 Leesburg Pike. Visit the band website at www.fallschurchconcertband.org

Language Clubs

German Conversation

Tuesdays at 10am

Italian Conversation

Wednesdays at 1:30pm

French Conversation

Thursdays at 10am

Come sit back, relax and enjoy some great conversation. All levels of conversation welcomed. Some knowledge of the language is expected, these are not teaching clubs. Please call the Senior Center at **703-248-5020** for more information.



Garden Club

The Falls Church Garden Club is a city sponsored local horticultural organization open to anyone. Annual membership is \$15. The Club meets on the first Tuesday of the month, with the exception of January, July, and August. Meetings are held in the Community Center at 7:30 pm, and feature a gardening related speaker, as well as a meet and greet and some of the best cookies in town! Additional activities include club trips, visits to private/public gardens, plant exchanges and a **SPRING Plant Sale**. Proceeds from the sale are earmarked for the benefit of all aspects of gardening in our area. A monthly newsletter is also published with news of club activities. For more information, check our website www.fallschurchgardenclub.org.



Golden Age Bingo Club

The Bingo club meets from 10am-1:30pm every Tuesday in the Senior Center for adults 50 and over. Come play some Bingo, have fun, socialize and meet new friends. Besides Bingo, the group has raffle drawings, parties, and goes on trips. This group is run by a senior. Small fee of 25 cents per card applies. Please call the Senior Center at **703-248-5020** for more information.

Bridge Club

Social Bridge – Meets every Monday at 10am. Come spend the day playing bridge in a friendly and pleasant atmosphere. This is a social game setting.

Contract Bridge – Meets every Friday at 9am. Come spend the day playing bridge in a friendly but competitive setting. This club is for the more serious bridge player. Please call the Senior Center at **703-248-5020** for more information.

LUNCH BUNCH

This group meets on the second Monday of every month at 12:00 noon. Due to Columbus Day, we will meet on the 3rd Monday in October.

Monday, September 8	Anthony's
Monday, October 20	Chili's
Monday, November 17	IHOP
Monday, December 8	Red Lobster



NEW! Pickleball starting in October!

Come join us every Monday and Wednesday from 1:00-3:00pm
All levels welcomed!

Falls Church Senior Center

The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks Division of the Community Services Department. A wide range of activities is offered Monday-Friday along with a lunch program available on Monday, Wednesday, and Friday.

Please call **703-248-5020** for more information. **Hours of Operation:** Monday-Friday, 9am-3pm.

SENIOR CENTER ACTIVITIES:



Armchair Fitness

Exercise with us every Wednesday from 10-10:30am.

Armchair Travel Day

Meets the fourth Friday of every month. Come join us for a trip around the world-without having to pack a suitcase. A Falls Church librarian rounds out the experience with videos, books and printed material about each month's destination.

Ballroom Dancing

Cone ballroom dance with us every second Thursday from 1-2:45pm.

Bingo

Meets every Wednesday from 10am-1:30pm.

Blood Pressure

Held every other Tuesday from 9am-10am.

Bridge

Players gather at the Falls Church Senior Center on Monday and Friday for bridge. Monday's social bridge meets at 10am & Friday's contract bridge meets at 9am.

Card Games

Join us every Tuesday at 1:30pm for card games - Canasta, Hand and Foot, Rummy, etc

Canasta

If you are up for the challenge, or would like to socialize and play a friendly game of Canasta, come every Thursday at 10am

Checkers Challenge

Every Wednesday at 11:00am.

Foreign Language Conversation Groups

All groups looking for new members. Informal, drop-in groups meet weekly:

Tuesdays: German group 10am

Wednesdays: Italian group 1:30pm

Thursdays: French group 10am

Game Day

Come every Friday at 9am for FUN and games.

Hand and Foot

Join us every Friday at 10am for a fun and friendly card game.

Golden Age Bingo Club

Meets every Tuesday from 10am-1:30pm.

Lunch Bunch

Join the Senior Center staff in a lunch outing once a month at different local restaurants every second Monday of the month at noon. Van leaves at 11:30am

Mexican Train Dominoes

Come join us Fridays at 9am for a friendly game of dominos

Mixed Games

Come every Monday, Thursday, and Friday at 1:30pm for a variety of fun – backgammon, chess, checkers, cards, etc

Military History

Join this enthusiastic group on alternate Fridays starting September 7. Selected topics include WWII, Korea and Vietnam War.

Mixed Trivia

Come join us Fridays at 11am to test your knowledge on mixed subjects

Movie Day

On the second Friday of each month, you can see a movie on the "The Big Screen" at 10am in the Teen Center.

Nutritionist

A nutritionist provides healthy eating tips every third Wednesday at 12 noon.

Calling All Seniors

Looking for pinochle, poker, mexican train dominos, cribbage, scrabble and mah jongg players.

Please call the senior center at 703-248-5020 for more information.

Rummikub Challenge

Come every Tuesday and Wednesday at 1:30pm and play a friendly game of Rummikub

Scrabble Challenge

Every Tuesday and Wednesday at 1:30pm.

Walking Group

Meets Thursdays from 10:00am-Noon, except the first Thursday of the month, 10:00am-1:00pm (bring a bag lunch).

SPECIAL SENIOR TRIPS

September:

Charles Town Slots

October:

Foliage Trip and out to lunch

November:

Shopping Trip

December:

Holiday Lights Trip

SPECIAL SENIOR PROGRAMS

September:

Fall Celebration

October:

Halloween Party– Costumes encouraged!

November:

Thanksgiving Luncheon

December:

Holiday Party

NEW! MUSEUM MASTERPIECES from the Metropolitan Museum of Art

Befuddled by modern art? Return to the old masters through this DVD Great Course. Dr. Richard Brettell, Distinguished Professor of Art and Aesthetics from the University of Texas in Dallas, will lead us through museum masterpieces that represent Ancient Greek and Roman Art, Egyptian and Asian Art, Near East and Islamic Art, European paintings from the Renaissance through the 19th century, drawings and prints, photographs, and European decorative art. Great Courses are taught by professors who are voted "outstanding" by students and faculties at colleges across the country.

Thursdays, October 9 – November 13
10:00 a.m.-noon # 161015-A
Cost: Free

Register for this class at the community center in person, or by phone at **703-248-5020** or **5027**. Class size will be limited, so register early.

AARP Smart Driver Course

A refresher-driving course for licensed drivers aged 50 & older.

This course will review the different processes of driving for the older driver. A certificate will be issued at completion of the two day course, which can be submitted to insurance. The State of Virginia mandates a discount in car insurance. Make checks payable to "AARP". Two sessions will be offered:

Instructor: David Young

Location: Falls Church Community Center

Class Dates: November 18 and 20

Time: Class meets on both days from 10am-3pm

Fees: \$15 AARP Members
 \$20 Non-AARP Members

Please bring membership card with you to verify AARP membership in order to receive discount.



Senior Center Armchair Travel Programs

10:30 a.m. to 11:30 a.m. in the Teen Center

Fourth Friday of each month

Presented by staff from the Mary Riley Styles Public Library.

September 26, 2014: Palmyra: Bride of the Desert



(Running time: 57 minutes).

This fascinating documentary focuses on the ancient city of Palmyra, where trading and military routes led to and through the city. It is a great oasis, a place for caravans to rest. This program explores the desert and the Bedouins who live there and the culture of Palmyra from its ancient roots to today.

October 17, 2014: France



(Running time: 72 minutes).

Burt Wolf hosts this trip with visits to some of the world's most interesting destinations in France. We tour Provence, a haven for artists and a playground for the rich and famous. We cruise from Paris to Lyon and have a private concert of the Gipsy Kings, and finally cruise southwestern France, where we will see the fortified hill town of Carcassonne, tour the Museum de Toulouse, and taste the secret soul of traditional French food.

No meetings in November or December, 2014 due to holidays.

MILITARY HISTORY FORUM

- Sep. 5** Sonny Busa: Pakistan: Friend or Foe?
- Sep. 19** Keith Young: Adm. Milton Miles and His Challenges in WWII China
- Oct. 3** Patrick Mooney: The US Marines at Belleau Wood
- Oct. 17** Erik Villard: The Battle of Dak To
- Oct. 31** Mark Rubinstein: The Road to the Atomic Bomb
- Nov. 14** John Rodgaard: The Battle for Walcheren (Cinderella)
- Nov. 28** Holiday Break
- Dec. 12** Patricia Meder: The True Story of Catch 22
- Dec. 26** Holiday Break

JOIN US FOR THE NORTHERN VIRGINIA SENIOR OLYMPICS

Sponsored by the Northern Virginia Senior Olympic Committee and co-sponsored by Northern Virginia Recreation and Parks Departments, the Northern Virginia Senior Olympic Program is held annually in Northern Virginia and open to all senior adults ages 50 years and older. Both Indoor and Outdoor events offered.

Mark Your Calendars: 2014 Senior Olympics

The 2014 competition will be Sept. 13 to 24 with more than 50 events at 17 different venues throughout Northern Virginia, including Prince William County.

Saturday, September 13 Opening Ceremony/ Track & Field

NVSO offers both indoor and outdoor events, including swimming, diving, tennis, table tennis, racquetball, pickleball, men's basketball, volleyball, cycling, badminton, bowling, Wii bowling, team line dancing, golf, miniature golf, bocce, eight ball pool, horseshoes, and track and field. Board games and cards games also are offered, such as cribbage, duplicate bridge, bunto and scrabble.

Please visit our website at **www.nvso.us** for more information or call the Senior Center at **703-248-5020**.

ENJOY CITY RECREATION SPACES!

Community Center

The Community Center is located adjacent to Cherry Hill Park and in the heart of the City. It is the perfect place to play basketball, volleyball, tennis, table tennis, pool, air-hockey, and foosball; or to walk, take a class, or just enjoy time with family, friends, and neighbors. It is home to the Senior Center and Teen Center.

The Community Center boasts a full-size gymnasium with a six-hoop basketball court, a volleyball court, and shuffleboard court. The Center also has several multipurpose rooms the public can reserve for receptions, meetings, parties, and classes. Call 703-248-5027 to inquire about availability, fees and application.

The Community Center offers several preschool programs in a bright and stimulating room designed and furnished specifically for young children. Preschoolers ages 5 and under are educated and entertained by dedicated staff members. Enrollment is accepted for Summer, Fall and Winter/Spring sessions.

Picnic Shelters

Four of the City's parks (Cherry Hill, Berman, Madison, and Roberts Parks) have picnic shelters that are available for rent. Perfect for family gatherings, birthday parties, and group/company picnics. Call 703-248-5027 for availability, fees and application. If a shelter is not reserved it can be used on a first-come first-served basis.

Tennis Courts

Lighted courts in the following locations can be reserved by City Residents: Cavalier Trail Park (2 Courts), Cherry Hill Park, (2 Courts) and George Mason High School (4 Courts). The unlighted Cherry Street courts are first come, first served.

Call 703-248-5027 to make reservations up to one day in advance. Courts can be reserved 1 hour max for singles and 1.5 hours for doubles.

Fields

Stay active and apply for a permit to use the Larry Graves Soccer Field. The field is available for rent during the Summer months Mon.-Sun. based on availability. Call 703-248-5027 for availability, fees and application.

Weddings & Receptions

The Cherry Hill Farmhouse and grounds is can be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. For rental information call the Cherry Hill Farmhouse at 703-248-5171 or visit cherryhillfallschurch.org.

Birthday Party Packages

Celebrate your child's next birthday at the Falls Church Community Center. Choose the Party in the Gym Package for 1 hour in the gym with our tot-time or various sports equipment and 3 hours in a party room. Enjoy the Teen Center Party Package for 3 hours with the pool, air hockey, ping pong, and foosball tables. Call 703-248-5027 for availability, fees and application.

CITY PARK AMENITIES

BERMAN PARK

Bike and hike trail
Picnic shelter
Picnic tables and grill
Play equipment

BIG CHIMNEYS PARK

Park benches
Picnic tables and grill
Play equipment

CAVALIER TRAIL PARK/TRIPPS RUN PARK

Basketball court (lighted)
Bike and hike trail
Park benches
Picnic table and grill
Slide and Swings
Tennis courts (2 - lighted)

CHERRY HILL PARK

Basketball court (lighted)
City kiosk
Horseshoe court
Park benches
Picnic shelter
Picnic tables and grills
Play equipment
Volleyball court
Water fountain
Tennis courts (2 - lighted)

CROSSMAN/FOUR MILE RUN PARK

Park benches
Picnic tables and grills
Slide and Swings

DONALD S. FRADY PARK

Horseshoe court
Game table
Gazebo
Mini-amphitheater
Picnic tables and grills
Play equipment
Water fountain

FORT TAYLOR PARK

City kiosk
Historic Trail marker
Park bench

LINCOLN PARK

Basketball court
Park benches
Picnic table and grill
Play equipment

MADISON PARK

Basketball court
Park benches
Picnic shelter
Picnic tables
Play equipment
Rectangular athletic field
Water fountain

ROBERTS PARK

Basketball court
Park benches
Picnic shelter
Picnic tables and grills
Play equipment
Water fountain

WEST END PARK

Park benches
Picnic tables and grills
Play equipment

Falls Church Public Spaces

The Recreation and Parks Department uses the following school facilities for activities and programs.

FALLS CHURCH PUBLIC SCHOOLS
GEORGE MASON HIGH SCHOOL/
MARY ELLEN HENDERSON MIDDLE
SCHOOL
(7124 Leesburg Pike)
Baseball/softball fields (2)
Running track
Rectangular fields (2; 1 has artificial turf)
Tennis courts (4 - lighted)

THOMAS JEFFERSON
ELEMENTARY SCHOOL
(601 South Oak Street)
Basketball court
Bike and hike trail
Park benches
Play equipment
Rectangular athletic field
Softball/baseball fields (2)

MOUNT DANIEL
ELEMENTARY SCHOOL
(2328 North Oak Street)
Basketball court
Play equipment
Small athletic field

OTHER RECREATION FACILITIES
Falls Church Community Center
(223 Little Falls Street)
Cherry Street tennis courts (2)
W & OD Bike Trail

MEMORIAL AND HISTORICAL INTERESTS

Cherry Hill Farm – House, Barn and Grounds (312 Park Avenue)
Memorial Park (Park Ave. & Little Falls Street)

RESOURCES FOR RESIDENTS

Vehicle Registration (State of Virginia)

To register a vehicle with Virginia, first obtain the state safety and emissions inspections, driver insurance, and a valid title. Then register the vehicle at any Virginia Department of Motor Vehicles customer service center or at the DMV Select Office located in City Hall: 703-248-5019 (TTY 711).

Vehicle Registration (City of Falls Church)

Once a vehicle is registered with the state, it must be registered with the City. Complete the vehicle registration form (available online or at City Hall) and fax a copy of the temporary or current vehicle registration to 703-248-5212. The Treasurer's Office will issue a decal and bill. Decals may also be purchased at the Treasurer's Office: 703-248-5046 (TTY 711).

Voter Registration

Voter Registration applications for new and existing Virginia residents may be filed with the City of Falls Church DMV Select Office or the City Registrar (both located in City Hall). Registrations are due at least 29 days before a primary or general election or 14 days before a special election.

Taxes

The Treasurer's Office handles tax billing, relief, and payments: 703-248-5046 (TTY 711) or treasurer@fallschurchva.gov.

The Office of the Commissioner of the Revenue handles business taxes, personal property tax assessments, and assists with income tax filing: 703-248-5065 (TTY 711) or commissioner@fallschurchva.gov.

The Office of the Real Estate Assessor determines the current market value of taxable and tax exempt properties as of January 1 each year. The City Council uses these values to determine the annual tax rate. Questions? Call 703-248-5022 (TTY 711) or realestate@fallschurchva.gov.

WHERE TO FIND CITY OF FALLS CHURCH INFORMATION

City Website:

www.fallschurchva.gov

Facebook:

facebook.com/CityofFallsChurch

Twitter:

twitter.com/FallsChurchInfo

Citizen Information Line:

703-248-5200

eFocus Newsletter:

Sign up at fallschurchva.gov

FCC-TV:

Cox channel 11, RCN channel 2, Verizon channel 35

Alert System:

Sign up at alert.fallschurchva.gov

Radio:

1680 AM (during emergencies)



Public Schools

There are four schools in the Falls Church City Public Schools system: Mount Daniel Elementary (Kindergarten and First Grade), Thomas Jefferson Elementary (grades 2-4), Mary Ellen Henderson Middle (grades 5-7), and George Mason High (grades 8-12).

For information on how to register a child, call 703-248-5600 (TTY 711). More information is available at www.fccps.org.

Parking Permits

In order to park on certain City streets, you must have a parking permit issued by the Police Department: 703-248-5054.

Drive-Through Permits

In order to drive through certain streets that are closed to through traffic (as during rush hour), you must have a permit issued by the Police Department: 703-248-5054.

eFocus E-Newsletter

Get current City news with eFocus, the e-newsletter produced by the Office of Communications. Find the latest information about the City's environmental services, economic development, safety issues, and news about upcoming events. Sign up for this free service by entering your e-mail address in the "eFOCUS Newsletter" box on the right-hand side of the Home Page.

Pet Licenses

Dogs must be vaccinated against rabies and licensed with the City. Licenses must be obtained within 30 days of moving into the City of Falls Church for dogs over four months of age. The license fee is \$10 for fertile dogs and \$5 for neutered/spayed dogs. Licenses are issued by the Treasurer's Office: 703-248-5046 (TTY 711).

Cats over four months of age must be vaccinated against rabies but do not need to be licensed with the City.

Solid Waste Services

Department of Public Works

Solid Waste Hotline:

703-248-5160

recycling@fallschurchva.gov

The Department of Public Works (DPW) manages weekly curbside collection of trash, bundled brush, yard waste and recyclables; special residential collection of bulk items; the City's Recycling Center; and more.

Trash Collection

Trash is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one gray rolling trash cart per address. These carts are the property of the City and must stay with the residence. Questions? Call 703-248-5160, ext. 2.

Excess Trash

Each bag of trash that does not fit in the City-issued trash cart requires an Excess Trash Sticker, which can be purchased for \$1 at City Hall, Brown's Hardware, and Giant Food Store. See the City's website for additional information and restrictions. Questions? Call 703-248-5160, ext. 2.

Recycling Collection

Recycling is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one green rolling recycling cart per address. These carts are the property of the City and must stay with the residence.



City-issued trash cart with properly-tagged excess trash bag.

Excess Recycling

There is no fee for excess recycling. Recycling that does not fit in the City-issued cart or bin may be placed in personal containers clearly marked "recycling," cardboard boxes, and paper bags. Do not put recycling in black or white trash bags. Questions? Call 703-248-5160, ext. 3.

Yard Waste Collection

Properly prepared yard waste in paper bags with \$1 Yard Waste Stickers will be collected once a week on Wednesdays, year-round (except on observed City holidays). Yard waste includes only trimming arising from general landscape maintenance, like grass, leaves, plant and shrub trimmings, and other items too small to include with bundled brush. Do not include non-compostable garden debris such as sod, dirt, rocks, sand, or lumber. Questions? Call 703-248-5160, ext. 5.

Bundled Brush Collection

Properly prepared brush bundles are picked up free of charge on Wednesdays, year-round (except on observed City holidays). Special Bulk Collections are available for unbundled brush. Brush includes tree branches, small tree stumps, and larger shrub trimmings. Brush must be cut in five-foot lengths with no individual branch or trunk larger than six inches in diameter. To prepare for pick-up, either securely tie branches with cord or twine, or place branches neatly in one direction in a tote, bin, or container marked "brush." Questions? Call 703-248-5160, ext. 5.

Holiday Schedule

If a designated City holiday falls on a Wednesday, recycling, trash, and yard waste collection will occur on Saturday. Due to lighter loads, crews will be in your neighborhood earlier than expected. Please make sure items are curbside the night before.

Leaf Collection

Leaves are collected from residential streets in the fall. Each residential street is vacuumed two times. To prepare, rake loose leaves to the curb but avoid placing them in the street. Pile leaves away from storm drains and water meter covers. Remove stones, litter, branches, or other debris that may damage equipment.



Christmas Tree Collection

Live Christmas trees are collected free of charge on Wednesdays in January and February. To prepare, place trees in right-of-way, but behind the curb and separate from regular trash and recycling. Remove all decorations, rope, plastic, etc.

Special Collection

Special bulk collections are available for items too large or heavy to fit into a trash container. Residents may request a Special Collection by calling 703-248-5160, ext. 4, before noon on Tuesday for Wednesday collection. The fee is \$75 per two cubic yards of material; appliances are charged separately at \$30 each.

Missed Collection?

If your items are properly prepared and set out by 7 a.m., they will be collected. Please leave items at the curb after reporting a missed collection. Questions? Call 703-248-5160, ext. 1.

Mary Riley Styles Public Library



Mary Riley Styles Public Library
120 N. Virginia Avenue
www.fallschurchva.gov/Library

General Line: 703-248-5030
Renewal Line: 703-248-5175
Circulation Desk: 703-248-5031
Reference Desk: 703-248-5035
Youth Services Desk: 703-248-5034
Administrative Office: 703-248-5033

HOURS:

Monday	9 am - 9 pm
Tuesday	9 am - 9 pm
Wednesday	1 pm - 9 pm
Thursday	9 am - 9 pm
Friday	9 am - 5 pm
Saturday	9 am - 5 pm
Sunday	1 pm - 5 pm

ABOUT THE LIBRARY

The Mary Riley Styles Public Library is a full service library containing roughly 140,000 items in a wide range of formats: books, periodicals, CDs (recorded books and music), DVDs and downloadable content (eBooks, eAudiobooks, eMagazines, and eMusic). Computer access in the building includes 16 internet work stations, free Wi-Fi, and b/w laser printing. Patrons can additionally connect to nearly 20 research databases (for searching newspapers and magazine articles, investment info, genealogical records, and historic photos) from home with a valid MRSPL card. Library services include book discussion groups, storytimes, summer and winter reading programs, internet tutoring, and a Local History Room.

GETTING A LIBRARY CARD

The Library serves residents, employees, and property owners of the City of Falls Church and residents of the Washington metropolitan area. By cooperative agreement with the Washington Metropolitan Council of Governments, residents of certain cities and counties are eligible for a borrowing card: Arlington (VA), City of Alexandria (VA), Washington, DC, Fairfax (VA), Frederick (MD), Loudoun (VA), Montgomery (MD), Prince Georges (MD), and Prince William (VA). A subscription card is also available for an annual fee for patrons who do not meet these residency requirements. Apply for a Library card via the website or in person.

PROGRAMS AND SERVICES

Teen Volunteer Orientation

September/October
Teens ages 12-18 can volunteer at the library during the fall and winter; call 703-248-5034 for more information.

Preschool Storytime

September 8 – December 11
Monday & Thursday @ 10:30am
(Ages 2-5)
Tuesdays @ 10:30am
(Ages 18 – 36 months)
Songs, fingerplays, and stories!

Mother Goose Rhyme Time

(Ages 0-18 months)
Fall Sessions (September – December)
Fridays @ 9:30am & 11:00am
A special 6 week storytime with rhymes, bounces, music, and more!

Please contact the Youth Services Department for more information at (703)248-5034. Registration required.

Teen Book Discussion Groups

(Ages 12-18)
Fall sessions beginning in September.
Registration will begin in August for middle school and high school groups.
Please contact the Youth Services Department for more information 703-248-5034.

Paws to Read (Ages 5-12)

Second Tuesday of every month @ 5pm
Reading to a canine companion. Please call the Youth Services Department for more information 703-248-5034.

Senior Book Discussion Group

(Adults)
Schedule to be determined; please call 703-248-5035 for more information or consult our website for current schedule and selection.

Thursday Evening Book Discussion

(Adults)
First Thursday of every month @ 7:30pm
For more information about the group, including upcoming book selections, visit <http://mrsplbookgroup.blogspot.com>

Armchair Travel (Seniors)

Every 4th Friday @ 10:30 in the Community Center
No meeting November/December due to holidays. Watch a movie and travel the world!

General Information

MISSION STATEMENT

The mission of the Falls Church Recreation and Parks Department is to provide a year-round program of recreation and leisure-time activities for all groups and interest levels. The Department is dedicated to enhancing the quality of life and fostering a sense of community by providing superior recreational, educational and cultural services and through the effective maintenance and protection of the City's natural resources.



Open Gym Pricing

Register at the front desk before entering the gym

City Residents:	Free
Non-City Residents 5 and under:	Free
Non-City Residents 6-18 or 65+:	Free
Non-City Residents 19-64:	\$3

Hotline: 703-248-5077

Call for current schedule.

Facility Locations

Falls Church Community Center

223 Little Falls Street

Cherry Hill Farmhouse

312 Park Ave.

George Mason High School

7124 Leesburg Pike

Mary Ellen Henderson

7130 Leesburg Pike

Registration Dates

Residents: August 18

Non-Residents: August 25

Brochure Availability

The brochure is available on-line at www.fallschurchva.gov/recreation. If you are a non-resident and prefer a mailed copy, please call **703-248-5027** or email recreation@fallschurchva.gov.

Policy of Non-Discrimination on the Basis of Disability:

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Cindy Mester, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call **703-248-5027**, (TTY 711).

Photographic Release:

By participating in programs and using our facilities, you are granting the City of Falls Church and the Parks and Recreation Department permission to use photographic images of you and/or your minors for marketing purposes.

Class & Athletic Program Refund Policy

For refunds submitted...

Ten or more days before the activity start date 80% Refund/ 90% Credit

Five to nine calendar days before the activity start date 90% Credit only

Less than five calendar days before the activity start date No Refund/ No Credit

Programs cancelled by the Department... 100% Refund/ Credit

Inclement Weather Policy

Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5077.**

Holidays: Classes will not be held on City-observed legal holidays unless otherwise noted. Hobby Class Holiday Schedule: No classes held September 1, October 13, November 11, November 27-29, and December 5-7.



How to Register



On-line: Go to www.fallschurchva.gov/recreation and click on the Falls Church Recreation and Parks Department logo. Full payment is required at the time of registration. Registration begins at 8am on the first day of registration.



Walk-in: 223 Little Falls St. There are no registration forms to complete. Registration begins at 8am on the first day of registration.



Mail-in: Mail-in registrations are processed at the end of the business day. Complete the registration form below, include payment, and mail to **Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046**



Phone-in: Phone in registration begins 8am the second day of registration August 19 and August 26. To register, call **703-248-5027** and have your credit card ready.

Registration Starts

Falls Church City Residents:
Monday, August 18, 2014

Non-City Residents:
Monday, August 25, 2014

Register Early: All classes are filled on a first-come, first-served basis. **Deadlines to register are typically one week prior to the start of the class. Early registration helps prevent cancellations.**

Senior Citizens: Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

Financial Aid: Financial aid is available for City of Falls Church residents only. Forms are available in the main office or call **703-248-5027** for more information.



Registration Form



For More Information: Call 703-248-5027; Fax 703-536-8150

Mail to Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046
Make checks payable to City of Falls Church. Only one family per form. Photocopies are accepted.
Payment must accompany registration. Late registrations are accepted if an opening is available.

Primary Household Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Evening Phone Number: () _____ Day Phone Number: () _____

Cell Phone Number: () _____ Email: _____

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Total					

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: _____

Date: _____

Confirmations: You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

Credit Card Information:

circle one:



Card Number: _____

Exp Date: _____



223 Little Falls St.
Falls Church, VA 22046

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PERMIT NO. 7034

Be a part of what makes the City of Falls Church a special place!

From movies under the stars to a day full of local food, pony rides and music, special events in the City of Falls Church provide unique experiences for all ages. We invite you to not only attend our special events, but become involved.

Sponsor a special event, make a donation or volunteer!

For more information on any special event and how you can get involved, please contact the Recreation & Parks Dept. at **703-248-5027** or recreation@fallschurchva.gov.

Upcoming Special Events this Season...

Sunset Cinema

Fridays, August 15, 22, and 29



Fall Festival and Taste of Falls Church

Saturday, September 13



Farm Day

Saturday, October 11

Halloween Carnival

Saturday, October 25

Holiday Craft Show

Saturday and Sunday, December 6-7



Printed on recycled paper
containing 30% post-consumer waste